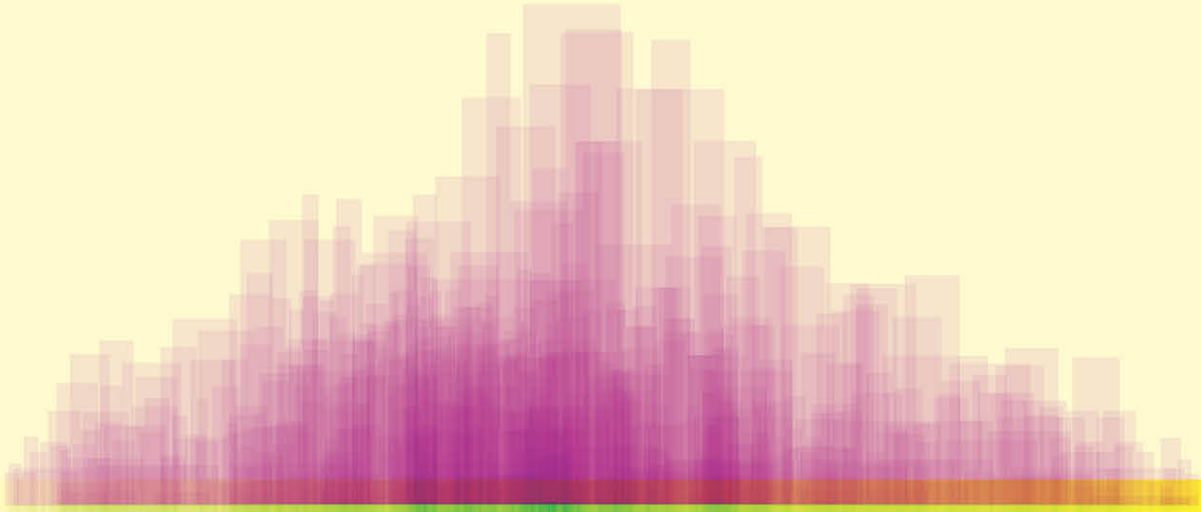
Family 愛+人

「愛+人」計劃全港大型住戶追蹤研究：基線調查報告

FAMILY Project Cohort Study: Baseline Findings

English Version



香港人的康和樂

Health, Happiness and Harmony in Hong Kong

SCHOOL OF PUBLIC HEALTH
THE UNIVERSITY OF HONG KONG
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香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

Preface

Family is the foundation of every society and good family relationships build a harmonious society. In recent years, our society has developed so rapidly that the family structure has become more complex and diverse, creating a range of discords to family life.

To address these social issues, The Hong Kong Jockey Charities Trust donated HK$250 million in 2007 to fund a citywide project - 'The FAMILY Project' , specifically designed to tackle the many family issues resulting from the stress and strain of life in Hong Kong. This has involved the School of Public Health of The University of Hong Kong carrying out a five-year citywide household survey and developing intervention projects as well as a wide range of public education programmes. By adopting a positive preventive and public health approach, the project aims at devising suitable preventive measures and to strengthen and promote the 3Hs for a family: health, harmony and happiness.

The first phase of the Family Cohort Study household survey has been completed. Through this report, we hope to share a comprehensive picture of the family situation and to help the Hong Kong community increase their awareness of the importance of family health, harmony and happiness.

On behalf the Club, I would like to thank all the families involved in the household survey for their support, enabling the investigation to be carried out smoothly. I would also like to thank the School of Public Health of The University of Hong Kong for its unfailing support and advice since the inception of the project, and we look forward to our further cooperation in spreading the 3Hs to the community.

Douglas So
Executive Director, Charities
The Hong Kong Jockey Club

The FAMILY Project
Fact Sheet

Background & Objectives

- Family is the base of every society. No harmonious society can be built without loving family relationships However, traditional family values inevitably start to change when a society becomes more economically, socially and educationally advanced, as is the case in today's Hong Kong, many family discord cases emerge.
- To help build a more harmonious society, The Hong Kong Jockey Club Charities Trust has invited the School of Public Health of The University of Hong Kong to collaboratively launch a project entitled 'The FAMILY Project' with a HK$250 million funding.
- The project is based on the premise that traditional Chinese values of cherishing family relationships can still be adapted to modern-day life, and can help promote the 3Hs – Health, Happiness and Harmony – across generations.

The Programme

- The project comprises three components:

1. Territory-wide Household Survey

The survey focuses on the family as a unit. It is preventive in nature, rather than trying to rectify family problems. The survey uses a public health approach that brings together various scientific disciplines such as medical, behavioural and social sciences (including psychology and social work), epidemiology, biostatistics, and environmental science. It links social practices, medicine, education, journalism and the media so as to identify the source of domestic problems and derive a preventive response that is complementary, wide-reaching, pervasive, and cost-effective. Government and other related organisations will be able to use the information and evidence to formulate long-term public policies and programmes.

1.1 Scope and duration:

- The following data will be collected: personal and family particulars, lifestyles (such as eating and physical activities), physical and psychological health, happiness index, family harmony index, religious beliefs, neighbourhood relationships, work status, and use of medical and social resources, etc.
- The survey will last for 6 years. The first household visit was conducted from March 2009 to May 2011. A total of 20,964 households (with 47,697 individuals) were successfully enumerated. The second household visit started in July 2011 to re-visit the households, and expects to be completed in 2013.

1.2 Sample selection:

- A total of 20,964 households have been enumerated. In order to reflect the situation in different stages of life span and community development, other than households from the general population, 5 targeted populations will be sampled: 1) newly weds; 2) households with Primary One students living in Sham Shui Po, Kwun Tong, Hong Kong East and Hong Kong South; 3) people with recent health shocks (e.g. cancer, stroke, and coronary heart disease); 4) households living in Tung Chung, Tin Shui Wai or Tseung Kwan O; and 5) a random sample of single-member household members.

1.3 Research methods:

- During the six-year survey period, fieldworkers will conduct 2 household visits and conduct in-between telephone and web-based follow-ups. Data collected will be treated in strict confidentiality.

1.4 All participating households will become members of the '1% Club' and eligible for all privileges, including free health information services; free access to an e-health platform which can generate real-time personalised health assessment based on the personal health data given (e.g. blood pressure index); and receive updates of the survey's progress on a regular basis.

2. Intervention Projects

2.1 Five pilot intervention projects were developed, in partnership with 4 non-governmental organizations (NGOs) and the Department of Health to achieve the ultimate goal of promoting the 3Hs in the families.

2.2 The intervention projects were designed in accordance with public health principles to be cost-effective and sustainable. Each intervention was theory-based with clearly defined, measurable and achievable objectives, was short in duration (four to five sessions), and was brief (two to three hours a session). Participants were encouraged to practice key parenting skills at home. In order to enhance the programme's sustainability and cost effectiveness, the programmes were delivered by experienced community social workers.

2.3 Pilot studies of the five intervention projects with 2 major objectives of enhancing family and parent-child relationships were conducted in 2009 and early 2010 in 13 different districts of Hong Kong. The targeted participants included families with pregnant women and children in primary school. Between 100 and 150 families were involved in each project. Changes in participants' behaviour and attitudes for the study-specific outcomes, as well as the interventions' effectiveness in enhancing the the 3Hs, were evaluated. The intervention programmes are namely:

- Effective Parenting Programme《愛+人：「有教．無慮」家庭和諧計劃》 in collaboration with Caritas Hong Kong,
- Happy Transition to Primary One《愛+人：「愉快學習上小一」》 in collaboration with Hong Kong Sheng Kung Hui Welfare Council,
- Harmony@Home《愛+人：「家多．和諧」計劃》 in collaboration with Hong Kong Family Welfare Society,
- H.O.P.E. (Hope Oriented Parents Education for Families in Hong Kong)《愛+人：「愛家．Teen希望」》 in collaboration with Hong Kong Christian Service,
- Share the Care, Share the Joy《愛+人：「共育共樂」》 in collaboration with the Maternal and Child Health Centres of the Department of Health.

2.4 With the positive results of the pilot intervention projects, two larger main studies were started, in collaboration with the Caritas Hong Kong and Hong Kong Family Welfare Society, with improved content, larger sample sizes and more districts in July 2010.

2.5 Starting from June 2011, a new intervention project was launched in collaboration with the International Social Service Hong Kong Branch to help strengthen resilience in new immigrant families, namely 'FAMILY: Boosting Positive Energy Programme'《「愛+人・家添正能量」計劃》

2.6 A school programme was launched in April 2012 in collaboration with the Tung Wah Group of Hospitals, namely 'More Appreciation and Less Criticism' 《「多讚少彈康和樂」計劃》. This project aims to increase appreciation and decrease criticism in 1,000 parents and their school-aged children.

2.7 The Intervention Team is actively working with different non-governmental agencies (NGOs) or social service agencies to explore the feasibility of launching different interventions programmes to meet the diverse needs of people in the community.

3. Public Education – Health Communication

3.1 FAMILY 3Hs messages were disseminated to the general public through various channels to raise their awareness of family values, enhance their communication and participation. Community-wide events were held to promote FAMILY 3Hs and provide an opportunity for fostering relationships among family members.

3.2 Different media tools, such as newspapers, magazines, the internet, television and advertisements were used to promote positive attitudes towards FAMILY 3Hs and enhance the public's recognition and awareness of FAMILY values.

3.3 The School of Public Health of The University of Hong Kong will conduct a cross-sectional telephone survey every year to assess changes in behaviour among the general public and the effectiveness of the programmes in promoting FAMILY 3Hs. The first and the second population-based surveys, entitled 'Hong Kong Family and Health Information Trends Survey' (HK - FHInTS), were completed in 2009 and 2010. Results were released in a press conference held on 26 September, 2010. The results were widely reported by the mass media and have successfully aroused public's awareness on the FAMILY 3Hs message. The third survey was completed in 2012 and results will be released in 2013.

3.4 Training workshops, seminars and symposiums are being held using appropriate communication strategies, to share experience, and to develop a critical mass of social and community workers capable of promoting FAMILY 3Hs.

3.5 A public education programme, nine-episode 'Love Family' TV series, was produced by the Radio Television Hong Kong (RTHK). The thirty-minute programme was broadcasted on TVB Jade at 8:00 pm Saturdays from 23 January to 27 March, 2010. A ceremony was held on 17 January, 2010 at Times Square, Causeway Bay to announce the launch of the series.

3.6 In collaboration with government department and two NGOs, four community-based participatory projects have been initiated with the aim of promoting FAMILY 3Hs through local organisations and agencies:

- Happy Family Kitchen – Version I 《「快樂家庭廚房」計劃 - 第一階段》 in collaboration with the Hong Kong Council of Social Service with the participation of over 19 NGOs, schools, and community groups in Yuen Long,
- Learning Families《「齊來學．愛家」計劃》in collaboration with Christian Family Service Centre in Kwun Tong,
- Enhancing Family Well-Being Project《「家」「深」幸福計劃》 in collaboration with Social Welfare Department – Sham Shui Po District Welfare Office and over 40 NGOs, schools, community groups and government department was launched in Shum Shui Po,
- Happy Family Kitchen – Version II《「快樂家庭廚房」計劃 - 第二階段》 in collaboration with The Hong Kong Council of Social Service with the participation of over 23 NGOs, schools, and community groups in Tsuen Wan and Kwai Tsing.

Rigorous and longitudinal evaluations were conducted to assess the effectiveness of these innovative community-based interventions in promoting FAMILY 3Hs in the community.

3.7 In collaboration with the Sha Tin District Council, 'Sha Tin Family Fun Fest' was organised in December 2010.

3.8 In collaboration with The Hong Kong Jockey Club, 'Sha Tin Family Arts and Fun Day' was organised in December 2011.

3.9 In 2010-2011, a programme with the theme of 'FAMILY Goes Green' was completed in 85 primary schools from six designated districts. Over 18,000 P.4 to P.6 students and their families actively participated in the educational activities with the aim of obtaining a deeper understanding of FAMILY 3Hs.

3.10 In March 2012, a new drama project involving 100 schools was launched in collaboration with the Boys' and Girls' Clubs Association of Hong Kong, namely '3Hs Family Drama Project' 《「家添戲FUN」計劃》. This project aims to enhance FAMILY 3Hs and promote positive communication among senior primary school students and their families through drama performances.

May 2013

Executive summary

The Hong Kong Jockey Club Charities Trust, recognising the importance of family harmony and social capital, in 2007 commissioned the School of Public Health of the University of Hong Kong (HKU) to develop and implement 'The FAMILY Project'. The Project consists of a community action component, that is in turn informed by an original household-based longitudinal 'social barometer' databank. This social barometer databank represents the first comprehensive assessment of Hong Kong people's health, happiness and harmony (the '3Hs') at both the individual and family levels and is the subject of this report. The findings of this report are based on data collected from the baseline survey during 2009 to 2011, including over 7,984 randomly selected households comprising 16,195 participants who form a representative sample of the Hong Kong general population.

This report is intended as a catalogue of the raw data and simple cross-tabulations. Please refer to future publications and the online interactive system (www.family.org.hk) for further insights and analyses. The cohort is currently being followed up through multiple telephone surveys and a second round of in-person household interviews. These results will be reported in due course, as will those households included in the databank through residency in three new towns (2,964 households; 8,015 participants), three special groups with recently changed family dynamics (905 households; 2,207 participants), singleton households (1,930 participants), and extended families of the index households (5,247 households; 11,870 participants) as well as an additional convenience sample (1,579 households; 3,194 participants).

Health

Height and weight

Men and women had a mean height of 167.9 cm and 155.8 cm respectively and a mean weight of 68.1 kg and 56.2 kg, respectively. Body weight showed a Normal distribution, where the middle-aged weighed the heaviest.

Body mass index

Body mass index (BMI) is used to identify underweight, overweight and obesity in different populations worldwide. According to the classification scheme proposed by the World Health Organization (WHO), 26.8% of the cohort participants were overweight (BMI 25-<30) and 5.4% were obese (BMI ≥30), while 6.2% were underweight (BMI <18.5) and 60.9% normal (BMI 18.5-<25). More men (37.2%) than women (28.0%) were either overweight or obese.

When using the WHO's BMI cut-off points specifically established for Asians, more participants were classified as obese than when using the traditional cut-offs, 20.5% being classified as overweight (BMI 23-<25) and 32.2% obese (BMI ≥25). 6.2% were underweight (BMI <18.5) and 40.4% normal (BMI 18.5-<23). Similarly, more men (60.7%) than women (46.0%) were either overweight or obese.

Body fat percentage

Body fat of less than 20% was detected in 14.0% of participants. Men typically have less body fat than women. Body composition with less than 20% body fat was more common in men (27.4%) than in women (2.7%), and more women (53.2%) than men (8.3%) had body fat of 30% and above. The proportion of participants with over 30% body fat increased with age, from 8.8% among those aged 20-24 to 47.1% among those aged 65-74, and then slightly decreased to 34.7% among those aged 75 and above.

Major chronic conditions

Participants were asked to report whether they had any major chronic conditions. The five most frequent chronic conditions were overweight or obesity (51.8%), hypertension (14.7%), musculo-skeletal diseases (8.2%), diabetes mellitus (5.6%) and digestive diseases (4.5%).

- Hypertension

Doctor-diagnosed hypertension was reported by 14.7% of participants. The prevalence of hypertension increased steadily with age, from 0.2% among 20-24-year-olds to 50.6% among those of 75 and above. However, when all participants' blood pressure was measured on-site using an electronic sphygmomanometer, another 16.6% were found to have high blood pressure according to the WHO criteria, giving an overall hypertension prevalence of 31.3% (28.6% for women and 34.5% for men). Of those diagnosed with hypertension, over two-thirds (69.2%) were receiving anti-hypertensive treatment. Among the participants prescribed antihypertensive treatment, only 41.4% had blood pressure under control (<140/90 mmHg).

- Musculo-skeletal diseases

Diagnosed musclo-skeletal disorders were reported by 8.2% of participants, women reported a higher prevalence of such disorders than men (9.5% versus 6.7%). The prevalence of overall musculo-skeletal disorders increased with age.

- Diabetes mellitus

Diagnosed diabetes was reported by 5.6% of participants (5.4% for women and 5.8% for men). The prevalence of diabetes increased with age. Of those with diagnosed diabetes, 64.9% were receiving oral hypoglycemic drugs (63.6% taking Western medicine only, 0.3% Chinese medicine only and 1.0% taking both), 6.1% of those receiving antidiabetic treatment appeared to be unaware of their diabetes diagnosis.

- Digestive diseases

Digestive diseases were reported by 4.5% of participants (4.7% of men and 4.3% of women). The prevalence of overall digestive disease increased with age, from 2.1% among those aged 20-24, peaking at 5.8% among those aged 45-54 and then dropping to 3.7% among those aged 75 and above.

Among other prominent chronic diseases, coronary heart disease was reported by 2.3% of participants, followed by asthma (1.8%), chronic obstructive pulmonary disease (1.6%), cancer (1.1%) and stroke (1.1%).

Oral health

Few (1.4%) of participants rated their oral health as ‘very good’, 34.2% as ‘good’, 51.5% as ‘average’, 11.4% as ‘bad’ and 0.9% as ‘very bad’. More women than men (38.1% versus 32.7%) considered their oral health as either ‘good’ or ‘very good’. Older participants were less likely to report ‘good’ or ‘very good’ oral health.

Multiple chronic conditions

The prevalence of participants with, respectively, one, two, three and four and more chronic conditions were 25.2%, 10.6%, 4.8% and 3.5%. Slightly more women reported having two and more chronic conditions than men (19.5% versus 18.2%). The number of chronic conditions increased with age.

Acute conditions

Lower back pain (35.2%), joint pain (32.8%), common cold (26.9%), neck pain (23.4%) and numbness or weakness in limbs (15.8%) were the five most frequently reported acute health problems in the month prior to the survey.

Diet

The FAMILY Cohort has interviewed the participants regarding their dietary habits in the past month, including the frequency and quantity of consuming fruit, vegetables, meat, fish and other food items.

Daily fruit consumption was reported by 61.3% of participants, with more women (65.7%) than men (56.1%) consuming fruit daily. Daily fruit consumption also increased with age. Among those who said that they ate fruit at least once a day, 9.4% reported eating at least two servings a day, with slightly more women (10.5%) than men (8.3%). Daily consumption of cooked, raw and root vegetables was reported by 86.7%, 1.3% and 0.3% of participants respectively; 26.7% reported consumption of at least three servings a day, with a higher percentage among women (38.9%) than men (12.2%). Overall, 11.1% reported having at least five servings of fruit and vegetables a day, again with more women (12.6%) than men (9.3%). The level of consumption of fruit and vegetables in the general population was essentially inadequate compared to the Department of Health guideline of at least five servings, particularly among older people.

Most participants (78.8%) reported that ate meat every day, but fewer (38.5%) ate fish every day. 80.6% ate eggs at least once a week, 53.2% and 25.2% reported consuming tofu or other soya products and soya milk at least once a week. About a third of participants did not drink any milk (33.2%), eat yoghurt, cheese or other dairy products (32.2%), or consume ice cream (34.8%). Most (72.8% and 72.6%) reported never or rarely (i.e. less than once a month) eating pickled meats and pickled vegetables, respectively.

Over 95% of participants reported drinking at least one glass of water (240 ml) at each intake. 45.5% drank tea and 15.1% coffee every day. 16.5% drank Chinese herbal tea at least once a week. 34.9% did not consume soft drinks at all and 25.6% reported that they drank fruit juice at least once a week.

Smoking

About one in five participants (17.6%) reported that they had ever smoked cigarettes. Among those, 64.9% currently smoked at least one cigarette a day (daily smokers), 4.8% smoked occasionally (less than one cigarette a day) and 29.7% had stopped altogether. Among both smokers and non-smokers, the corresponding daily smoking prevalence was 11.5% (3.3% in women versus 20.9% in men).

Among daily smokers, about half of them had started before the age of 18, with the average number of cigarettes smoked per day as 13.3. Men smoked more than women (average number of cigarettes per day 13.9 versus 10.3). Among former smokers, 91.8% reported that they had stopped at least six months before, and 48.6 % reported that they had previously smoked at least one packet (or 20 cigarettes) a day.

Alcohol

Overall, 71.3% of participants did not consume any alcohol at all. While 18.8% drank alcohol occasionally (less than once a month), 5.2% drank at least once a week and 2.8% were daily drinkers. The mean age at having their first drink was 19.9 years. Of these 31.9% reported having their first drink under the age of 18 years. Men started drinking at earlier (19 years) than women (21 years). Among current drinkers, 16.3% had at least one episode of binge drinking in the month prior to the interview, and 8.6% reported a weekly alcohol intake exceeding the UK Royal College of Physician's recommended level. More men (9.5%) than women (6.8%) reported exceeding the recommended level.

Physical activity

- Physical activity

In the week prior to the survey, 18.3% of participants had engaged in vigorous physical activity and 33.1% in moderate physical activity; 97.2% had walked for at least 10 minutes at one time. The average length of vigorous and moderate physical activity per week was 270 and 301 minutes, respectively. The average time spent weekly on walking for at least 10 minutes at one time was 605 minutes, or over 10 hours. Among participants had engaged in vigorous physical activity/moderate vigorous physical activity, older participants had spent more time than their younger counterparts on vigorous or moderate physical activity during the week prior to the survey.

A total of 29.0% of the participants complied with WHO physical activity recommendations, with more males (32.6%) than females (26.0%) meeting the recommended level. More than a third (35.7%) of people aged 20-24 complied with the guidelines, while less than a quarter of those aged 75 and above (22.9%) did so.

- Sedentary behaviour

The average time per day sitting down was 372 minutes, or 6.2 hours in the previous week. The time spent watching TV with family members on weekdays and weekends in an average week was 115 and 133 minutes, respectively, with no gender difference at the weekend or on weekdays.

- Physical activity with family members

The time spent engaging in physical activity with family members on weekdays and weekends on an average day were 62 and 82 minutes, respectively, with no gender difference on either weekends or weekdays.

Gambling

Almost half (44.3%) of the participants had bet on the Mark Six at least once in the past year, with more men (55.1%) than women (35.3%); 12.5% had done so less than once a month. 12.2% of participants had bet on horse racing at least once in the past year, with more men (23.6%) than women (2.5%); 1.7% had done so less than once a month and 10.5% at least once a month. Few (4.9%) participants had bet on football at least once in the past year, with more men (10.3%) than women (0.6%). 1.7% of participants had gambled in casinos, cruise-ships or mahjong parlours at least once in the past year, and 13.2% had gambled with relatives or friends (e.g. playing mahjong or poker) at least once in the past year. Overall, 35.0% of participants had not spent any money at all on gambling in the past month, with more females (42.2%) than males (26.5%).

Drug abuse

Of the 5,078 participants aged 20 and above, 7.6% completing the self-administered questionnaire reported drug abuse, which included the use of illicit drugs, drugs intended for non-medicinal purposes and overused prescription or OTC medication. There was no apparent difference between men and women. Around 10% of those aged 35-44 and 65 and above reported drug abuse.

Health-related quality of life

- SF-12 v2

The Medical Outcomes Study 12-item short-form version 2 (SF-12 v2) measures eight domains of health status: physical functioning, physical role, bodily pain, general health, vitality, social functioning, emotional role and mental health. The physical health summary score covers the first four domains and the mental health score the latter four. Both scores ranged from 0 to 100, with higher scores indicating better physical functioning and psychological well-being.

Overall, the mean physical health and mental health scores were 49.6 and 53.6 respectively; men reported higher scores than women (physical health 50.5 versus 48.8, mental health 54.1 versus 53.1). Physical health scores decreased with age, while those for mental health showed a moderate increase with age.

- Perceived health status

Very few (0.7%) participants rated their current health condition as ‘excellent’, 11.2% considered it to be ‘very good’, 44.4% ‘good’, 38.1% ‘fair’ and 5.4% ‘poor’. More men than women (60.3% versus 53.2%) considered their current health condition to be ‘excellent’, ‘very good’ or ‘good’. Older participants were more likely than their younger counterparts to report poor health.

Few (3.1) participants considered their health to be ‘much better’ than that of other people of the same age, 25.3% ‘better’, 54.4% ‘more or less the same’, 15.1% ‘worse’ and 1.1% ‘much worse’. 26.6% of women and 30.5% of men perceived their health to be ‘better’ or ‘much better’ than other people of the same age.

Very few (0.7%) participants thought that their current health condition was ‘much better’ than last year, 10.9% ‘better’, 54.4% ‘more or less the same’, 32.2% ‘worse’ and 1.6% ‘much worse’. More women (12.2%) than men (11.1%) considered their health to be ‘better’ or ‘much better’ than last year. The percentages of ‘much better’ or ‘better’ gradually decreased with age.

Very few (0.3%) participants expected their health in the coming one or two years to be ‘excellent’, 4.1% ‘very good’, 32.0% ‘good’, 43.8% ‘fair’ and 13.7% ‘poor’. The proportion expecting their health to be ‘excellent’, ‘very good’ or ‘good’ in the coming one or two years decreased with age.

Happiness

Overall happiness

9.6% of participants reported they were ‘very happy’, 82.6% ‘happy’, 7.3% ‘not very happy’ and 0.5% ‘not happy at all’. Slightly more men than women (92.3% versus 92.1%) said they were ‘very happy’ or ‘happy’. The proportion of ‘very happy’ and ‘happy’ was about 90% among all age groups. Overall happiness increased with monthly household income.

Subjective happiness

The subjective happiness scale consisted of four items, responses to which were summed and divided by 4 to provide a composite score ranging from 1 to 7, with higher scores indicating more happiness. Overall, 27.9% of participants were 'happy'. The mean subjective happiness score was 5.3. Slightly more females (29.0%) than males (26.5%) considered themselves to be 'happy'.

Patient Health Questionnaire (PHQ-9)

The nine-item Patient Health Questionnaire (PHQ-9) was used to assess symptoms of depression. The majority of participants (88.1%) had no or minimal depressive symptoms. More women (2.6%) than men (1.5%) reported having experienced moderate, moderately severe or severe symptoms of depression in the past two weeks. Older participants were more likely than their younger counterparts to report depressive symptoms.

Chinese Health Questionnaire (CHQ-12)

The twelve-item Chinese Health Questionnaire (CHQ-12) was designed specifically to assess the level of distress in a Chinese population. Participants were asked to describe the frequency of experiencing any general psychiatric problems, including somatic symptoms, anxiety and worrying, social dysfunction and depression, over the past two weeks.

The five most commonly reported distressful symptoms were 'lost much sleep through worry' (9.0%), followed by 'worried about family or close friends' (7.6%), 'taking things hard' (7.4%), 'suffering from headache or pressure in head' (5.9%), and 'feeling nervous and strung-up all the time' (5.2%). More women than men reported experiencing distressful symptoms in the past two weeks.

Stressful life events

Participants were asked whether they had experienced any stressful life events over the past year, from a list of 18 events derived from the Recent Life Changes Questionnaire (RLCQ). Nearly a third (30.7%) reported having experienced one or more stressful life events in the year prior to the survey. The top five most commonly experienced were 'heavier workload' (10.8%), 'family member with a serious health problem' (6.8%), 'worsening financial situation' (6.2%), 'experiencing health problems oneself' (5.1%) and 'a death in the family' (4.7%). More women (31.5%) than men (29.6%) reported having encountered one or more stressful life events in the past year.

Mental health

- Depression

Few (1.2%) participants reported having been diagnosed with depression during their lifetime, with more women (1.7%) than men (0.7%). The lowest prevalence of depression was among the 20-24 (0.5%) and 75 and above (0.6%) age groups.

- Anxiety disorder

Very few (0.6%) participants reported that they had been diagnosed by a Western medical practitioner with an anxiety disorder during their lifetime, slightly more women than men (0.6% versus 0.5%). Participants aged 45-64 (about 0.9%) were more likely to be diagnosed with an anxiety disorder than other age groups.

- Schizophrenia

Very few (0.2%) reported that they had been diagnosed with schizophrenia, with slightly more men than women (0.3% versus 0.2%).

- Dementia

Very few (0.2%) participants had been diagnosed with dementia by a doctor, slightly more women than men (0.3% versus 0.1%). The highest prevalence of dementia was among those aged 75 and above.

- Suicide

1.7% of participants reported suicidal ideation in the past two weeks, with women (2.1%) being more likely than men (1.2%) to have suicidal thoughts. The prevalence of suicidal ideation increased with age.

Harmony

Family support

Family support was measured using Family APGAR (adaptability, partnership, growth, affection and resolve), a five-item scale with a maximum of 10 points. The overall mean score of all participants was 6.9, women on average rating 0.4 points higher than men. Those aged 55 and above had the highest level of self-reported family support. Support increased with household monthly income.

Harmony and contentment

Harmony and contentment were measured by means of 24 items, classified into five domains: identity, absence of conflicts, effective communication, forbearance and spending time with family. The last four domains in particular were considered important ingredients of a harmonious family. About 90% of the participants gave positive responses to each of the harmony items, except for the 'identity' ones. Those aged 35-64 had higher proportion of positive responses, while those of 20-34 and 65 and above had lower.

Concord scale

Within-family dyadic (or pair-wise) relationships were measured by means of the ten-item Concord Scale. The total scores ranged from 10 to 70, with higher scores indicating better relationships among family members. The average score was 56.3 and no difference was observed between genders. Younger participants aged 20-24 had the lowest concord score (54.0).

Source of conflict

A total of 12 sources of dyadic conflict (including family relationship, work commitments, financial priorities, personal habits etc.) were covered in a round-robin manner to measure within-family conflict. More than half (54.4%) of the participants reported having no source of conflict, and the average number of sources was 0.89. No difference was observed between men and women. Younger participants reported more sources of conflict than older people.

Work/family conflict

On average, full-time working participants spent 9.1 hours a day at their workplaces, males half an hour longer than females. Longer working hours were associated with more depressive symptoms and less happiness. An inverse U-shape association was found between working hours and family support, with those working 9.0–9.9 hours a day reporting the highest family support.

Participants worked at home for 0.4 hours a day on average, with no difference between the sexes. Those aged 25-54 reported longer working hours at home than other age groups. Participants spent 1.2 hours a day doing household chores and/or bringing up children on average. Women spent more time (around half an hour) on such work than men. An inverse U-shape association was found between time spent on housework and age, in which those aged 35-44 reported spending about 1.4 hours a day on housework.

Work/family conflict was measured using the Work-Family Conflict Scale, a six-item seven-point scale. The total score ranged from 6 to 42, with higher scores indicating more severe conflict. The overall score of all participants was 22.39; with those aged 20-24 had the highest levels of conflict.

Family activities

Participants' patterns of family activity were assessed by asking about the time they spent with their families watching movies, playing video games or mahjong, having meals and such like. No differences were found between men and women. Participants tended to spent more time with their families on weekends than on weekdays.

Self-perceived social capital

- Neighbourhood cohesion

Perceived neighbourhood cohesion was measured by means of Sampson's five-item scale. About half the participants (49.5%) either strongly or somewhat agreed with the statement 'people around here are willing to help their neighbours', as did 43.2% with 'this is a close-knit neighbourhood' and 42.5% with 'people in this neighbourhood can be trusted'. Over half (53.0%) strongly or somewhat disagreed with the statement 'people in this neighbourhood do not get along with each other', while only 13.8% strongly or somewhat disagreed with 'people in this neighbourhood do not share the same values'.

- Volunteering

Overall, 14.1% of all participants had taken part in some form of voluntary service in the past year, with more women (17.0%) than men (10.7%). 85.8% of participants had spent no time at all on volunteer work, 7.1% had volunteered less than 20 hours and 7.0% 20 hours and above. 85.8% reported that they had never participated in community meetings or other activities in the past one year. Volunteering appeared to decrease with age. Analysed according to educational attainment, an increasing trend in the prevalence of volunteering was observed.

- Religious identification and involvement

Overall, 69.6% of participants reported that they had no religious belief, while 11.4% were Buddhist, 13.7% Christians, 3.4% Catholics and 1.0% Taoists. 19.1% had grown up in a religious family, but 52.6% said that they were not religious at all, 23.9% that they were a little religious, 47.2% that they were not spiritual at all and 22.2% that they were a little spiritual. 58.0% said that they could not take any comfort or strength from religious belief, and 59.9% that religious belief was not involved at all when they were dealing with stress.

- Discrimination

Participants who had lived in Hong Kong for 10 years or less were asked whether they had been discriminated against or treated unpleasantly because of their new immigrant status. Out of 1,077 participants responded, the majority (95.9%) said that they had never been hit or violently treated since living in Hong Kong, 91.1% that they had never been insulted, 82.7% that they had never been treated rudely, 85.1% that they had never been unfairly treated and 95.8% that they had never been threatened. Most (93.7%) of the participants said they had never had services declined or delayed, and 89.7% reported that they had never been neglected or rejected. Most (94.1%) of the participants said their family members had not been discriminated against either.

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Chapter 1 Introduction

1.1 The FAMILY Project

The Hong Kong Jockey Club Charities Trust, fully recognising the importance of social harmony, commissioned the School of Public Health, University of Hong Kong (HKU) to conduct 'The FAMILY Project', it includes a community intervention and health communication component, and a territory-wide longitudinal household survey, the FAMILY Cohort, the latter being the subject of this report. The study is the largest-scale prospective study which (1) examines individual- and household-level health, happiness and harmony (the '3Hs'), and (2) identifies factors associated with changes in the 3Hs. An important goal of the study is to provide an evidence-based approach to health and social welfare planning through open access to the database.

A unique feature of this Cohort Study is that every eligible member in the same household, and in some cases even the extended family in related households, is included, which allows for examination of the 3Hs at both individual and family levels. Such a repository of information can potentially function as a community barometer to monitor trends in health and well-being under the broader rubric of public health. In addition, family and by extension social harmony carry a special meaning and importance in Confucian societies, and the study has therefore paid special attention to developing a local or indigenous set of validated instruments to measure family harmony among Hong Kong Chinese people.

"The FAMILY Cohort (FC) has made use of the Geographic Information System (GIS) to examine Hong Kong people's Health, Happiness, and Harmony (3Hs) at the Tertiary Planning Unit (TPU*) level. The GIS provides a platform for the visualization of the spatial distribution of the Hong Kong population's wellbeing and its related factors, and uses state-of-the-art mapping techniques for analysis. All spatial data in this report were weighted by housing type, household size (number of members) and household income distribution from the 2011 Hong Kong Population Census. The missing data has been imputed to maintain data completeness.

This report presents geographical data using cartograms. The size of a particular area in cartograms is adjusted to reflect the size of its population, producing a transformed map that reflects the distribution of the Hong Kong population. Visualization in this format enables information to be interpreted in the context of population size in each area or region. This report presents data of TPUs with a population larger than 1,500 and the FC sample size larger than or equal to 30.

In addition to cartograms, FC incorporates thematic maps to present spatial information on WebGIS** - an interactive map that allows users to inquire spatial information online. The thematic maps demonstrate the distribution of the variable of interest in Hong Kong. Choropleth mapping was also used to show aggregated data over predefined regions by a distinctive colouring scheme. For example, TPUs with a higher prevalence of a health condition are indicated by a darker colour.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

** Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later."

1.2 Sampling frame

1.2.1 Representativeness of sample

At the individual level, comparisons were made between the FAMILY Cohort participants and the 2011 Hong Kong general population (Census and Statistics Department (C&SD) data) according to age, gender and highest educational level attained. All Chapter 1 results were unweighted, while those in Chapters 2-4 were weighted by Census 2011 housing type, household size (number of members) and household income distribution (Table 1.2.1). At the household level, comparisons were made between households in the FAMILY Cohort and 2011 Hong Kong households in general (C&SD data) according to the dimensions of housing type, household size and residential district. The latter two of these showed negligible differences, but a medium-effect difference was found in type of housing (Table 1.2.2). The proportion of private residential flats in the FAMILY Cohort was barely half that in the census data. Since considerable differences were observed for housing type, household size, and household income (Table 1.2.2), the sample was weighted using the aforementioned three variables, and the FAMILY Cohort weighted sample was representative of the Hong Kong general population.

Table 1.2.1: Representativeness of sample (individual level)

	FAMILY Cohort Proportion	C&SD population proportion	Effect size (Cohen's w)
Age (years)			0.22
10-14	1,474 (7.6%)	331,116 (5.0%)	
15-19	1,664 (8.6%)	423,693 (6.4%)	
20-24	1,205 (6.2%)	451,541 (6.9%)	
25-29	1,075 (5.6%)	534,115 (8.1%)	
30-34	1,116 (5.8%)	550,005 (8.4%)	
35-39	1,317 (6.8%)	562,606 (8.6%)	
40-44	1,589 (8.2%)	572,679 (8.7%)	
45-49	1,925 (10.0%)	651,735 (9.9%)	
50-54	1,855 (9.6%)	637,695 (9.7%)	
55-59	1,566 (8.1%)	513,069 (7.8%)	
60-64	1,269 (6.6%)	409,566 (6.2%)	
65-69	820 (4.2%)	234,300 (3.6%)	
70-74	841 (4.4%)	230,440 (3.5%)	
≥75	1,617 (8.4%)	476,572 (7.2%)	
Gender			0.01
Males	9,061 (46.9%)	3,047,675 (46.3%)	
Females	10,272 (53.1%)	3,531,457 (53.7%)	
Highest educational level attained (age 15 and above)			0.27
Primary and below	5,062 (28.5%)	1,419,979 (22.7%)	
Lower secondary (F.1-3)	3,791 (21.3%)	1,119,633 (17.9%)	
Upper secondary (F.4-7)	5,627 (31.7%)	2,005,373 (32.1%)	
Diploma	428 (2.4%)	310,553 (5.0%)	
Sub-degree	1,013 (5.7%)	270,695 (4.3%)	
Degree	1,852 (10.4%)	1,121,783 (18.0%)	
Missing	1,560		

Base: All participants in random sample.
Cohen's w effect size: small 0.1, medium 0.3, large 0.5.

Table 1.2.2: Representativeness of sample (household level)

	FAMILY Cohort Proportion	C&SD population proportion	Effect size
Type of housing			0.57
Public rental housing	4,365 (54.6%)	720,892 (30.4%)	
Subsidised home ownership housing	1,376 (17.2%)	377,615 (15.9%)	
Private residential flats	2,187 (27.4%)	1,242,982 (52.5%)	
Other permanent housing	54 (0.7%)	8,396 (0.4%)	
Temporary housing	10 (0.1%)	1,894 (0.8%)	
Missing	1 (0.0%)		
Household size			0.19
1	1,751 (21.9%)	404,088 (17.1%)	
2	2,277 (28.5%)	597,697 (25.2%)	
3	1,854 (23.2%)	575,316 (24.3%)	
4	1,556 (19.5%)	501,845 (21.2%)	
5 or more	555 (6.9%)	289,850 (12.2%)	
Residential district			0.27
Hong Kong Island			
Central and Western	135 (1.7%)	89,529 (3.8%)	
Wan Chai	40 (0.5%)	54,887 (2.3%)	
Eastern	568 (7.1%)	194,249 (8.2%)	
Southern	285 (3.6%)	85,837 (3.6%)	
Kowloon			
Yau Tsim Mong	290 (3.6%)	112,986 (4.8%)	
Sham Shui Po	554 (6.9%)	134,795 (5.7%)	
Kowloon City	412 (5.2%)	124,218 (5.2%)	
Wong Tai Sin	578 (7.2%)	140,315 (5.9%)	
Kwun Tong	805 (10.1%)	214,300 (9.0%)	
New Territories			
Kwai Tsing	861 (10.8%)	168,553 (7.1%)	
Tsuen Wan	389 (4.9%)	102,570 (4.3%)	
Tuen Mun	592 (7.4%)	168,990 (7.1%)	
Yuen Long	574 (7.2%)	190,285 (8.0%)	
Northern	368 (4.6%)	99,453 (4.2%)	
Tai Po	354 (4.4%)	94,481 (4.0%)	
Sha Tin	790 (9.9%)	207,094 (8.7%)	
Sai Kung	254 (3.2%)	138,209 (5.8%)	
Islands	144 (1.8%)	47,611 (2.0%)	

Cohen's w effect size: small 0.1, medium 0.3, large 0.5.

1.3 Socio-demographic characteristics of the sample

1.3.1 Marital status

Two-thirds of the participants (66.3%) were married (Table 1.3.1a). There were higher proportions of married (70.0%) and never-married males (24.2%) than their female counterparts (63.2% and 20.3% respectively). Almost all of those aged 20-24 (96.6%) were single, while less than 10% of those aged 45 and above had never married (Table 1.3.1b).

Table 1.3.1a: Marital status, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never married	1,785	20.3	1,788	24.2	3,573	22.1
Married	5,555	63.2	5,180	70.0	10,735	66.3
Widowed	947	10.8	192	2.6	1,139	7.0
Divorced/separated	481	5.5	231	3.1	712	4.4
Missing	28	0.3	8	0.1	36	0.2
Total	8,796	100	7,399	100	16,195	100

Table 1.3.1b: Marital status: number of persons (%) by age group (in year)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Never married	1,164 (96.6%)	1276 (58.2%)	514 (17.7%)	333 (8.8%)	161 (5.7%)	63 (3.8%)	62 (3.8%)	3,573 (22.1%)
Married	41 (3.4%)	876 (40.0%)	2,173 (74.8%)	3,087 (81.7%)	2325 (82%)	1,273 (76.6%)	960 (59.4%)	10,735 (66.3%)
Widowed	0 (0.0%)	1 (0.0%)	32 (1.1%)	100 (2.6%)	187 (6.6%)	264 (15.9%)	555 (34.3%)	1,139 (7.0%)
Divorced/ separated	0 (0.0%)	38 (1.7%)	185 (6.4%)	251 (6.6%)	151 (5.3%)	59 (3.6%)	28 (1.7%)	712 (4.4%)
Missing	0 (0.0%)	0 (0.0%)	2 (0.1%)	9 (0.2%)	11 (0.4%)	2 (0.1%)	12 (0.7%)	36 (0.2%)
Total	1,205 (100%)	2,191 (100%)	2,906 (100%)	3,780 (100%)	2,835 (100%)	1,661 (100%)	1,617 (100%)	16,195 (100%)

1.3.2 Place of birth

55.0% of males and 48.2% of females were born in Hong Kong (Table 1.3.2a), as were 73.4% of those aged 20-24, while 64.7% of the elderly of 75 and above were born in Guangdong Province (Table 1.3.2b).

Table 1.3.2a: Place of birth, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Hong Kong	4,240	48.2	4,072	55.0	8,312	51.3
Guangdong Province	2,991	34.0	2,451	33.1	5,442	33.6
Macau	112	1.3	84	1.1	196	1.2
Elsewhere in China	1,155	13.1	621	8.4	1,776	11.0
Others						
Indonesia	120	1.4	68	0.9	188	1.2
Thailand	37	0.4	13	0.2	50	0.3
Malaysia	23	0.3	25	0.3	48	0.3
Philippines	10	0.1	1	0.0	11	0.1
Taiwan	12	0.1	2	0.0	14	0.1
Others	67	0.8	43	0.6	110	0.7
Missing	29	0.3	19	0.3	48	0.2
Total	8,796	100	7,399	100	16,195	100

Table 1.3.2b: Place of birth: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Hong Kong	885 (73.4%)	1,556 (71.0%)	1,687 (58.1%)	2,327 (61.6%)	1,285 (45.3%)	338 (20.3%)	234 (14.5%)	8,312 (51.3%)
Guangdong Province	241 (20.0%)	342 (15.6%)	703 (24.2%)	1,081 (28.6%)	1,098 (38.7%)	931 (56.1%)	1,046 (64.7%)	5,442 (33.6%)
Macau	9 (0.7%)	14 (0.6%)	22 (0.8%)	37 (1.0%)	57 (2.0%)	31 (1.9%)	26 (1.6%)	196 (1.2%)
Elsewhere in China	63 (5.2%)	246 (11.2%)	409 (14.1%)	270 (7.1%)	292 (10.3%)	248 (14.9%)	248 (15.3%)	1,776 (11.0%)
Others								
Indonesia	0 (0.0%)	9 (0.4%)	24 (0.8%)	22 (0.6%)	51 (1.8%)	60 (3.6%)	22 (1.4%)	188 (1.2%)
Thailand	0 (0.0%)	2 (0.1%)	10 (0.3%)	11 (0.3%)	13 (0.5%)	6 (0.4%)	8 (0.5%)	50 (0.3%)
Malaysia	0 (0.0%)	3 (0.1%)	6 (0.2%)	8 (0.2%)	4 (0.1%)	16 (1.0%)	11 (0.7%)	48 (0.3%)
Philippines	0 (0.0%)	0 (0.0%)	5 (0.2%)	2 (0.1%)	1 (0.0%)	2 (0.1%)	1 (0.1%)	11 (0.1%)
Taiwan	0 (0.0%)	2 (0.1%)	5 (0.2%)	2 (0.1%)	4 (0.1%)	0 (0.0%)	1 (0.1%)	14 (0.1%)
Others	4 (0.3%)	14 (0.6%)	27 (0.9%)	14 (0.4%)	19 (0.7%)	24 (1.4%)	9 (0.6%)	110 (0.7%)
Missing	3 (0.2%)	3 (0.1%)	8 (0.3%)	6 (0.2%)	11 (0.4%)	6 (0.4%)	11 (0.7%)	48 (0.3%)
Total	1,205 (100%)	2,191 (100%)	2,906 (100%)	3,780 (100%)	2,835 100%)	1,661 (100%)	1,617 (100%)	16,195 (100%)

More females (18.2%) than males (3.6%) among non-natives had lived in Hong Kong for under 10 years (Table 1.3.2c).

Table 1.3.2c: Number of years non-natives have lived in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
0-9	826	18.2	118	3.6	944	12.0
10-19	1,017	22.4	315	9.5	1,332	17.0
20-29	659	14.5	415	12.5	1,074	13.7
30-39	668	14.7	925	27.9	1,593	20.3
40-49	343	7.6	476	14.4	819	10.4
50-59	555	12.2	559	16.9	1,114	14.2
60-69	344	7.6	410	12.4	754	9.6
≥70	83	1.8	72	2.2	155	2.0
Missing	38	0.8	20	0.6	58	0.7
Total	4,533	100	3,310	100	7,843	100

Base: Participants who reported not having been born in Hong Kong.

1.3.3 Highest level of education attained

68.3% had an educational level higher than primary. Overall, males had attained a higher level than females (Table 1.3.3a). 93.6% of those aged 20-24 had an upper secondary school education (Form 4) and above, while only 8.9% of the elderly of 75 and above had reached that level (Table 1.3.3b).

Table 1.3.3a: Highest level of education attained, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Primary and below	3,035	34.5	2,021	27.3	5,056	31.2
Lower secondary	1,791	20.4	1,756	23.7	3,547	21.9
Upper secondary	2,445	27.8	2,043	27.6	4,488	27.7
Diploma	125	1.4	202	2.7	327	2.0
Sub-degree	445	5.1	443	6.0	888	5.5
Degree	908	10.3	896	12.1	1,804	11.1
Missing	47	0.5	38	0.5	85	0.5
Total	8,796	100	7,399	100	16,195	100

Table 1.3.3b: Highest level of education attained: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Primary and below	7 (0.6%)	70 (3.2%)	309 (10.6%)	999 (26.4%)	1,375 (48.5%)	994 (59.8%)	1,302 (80.5%)	5,056 (31.2%)
Lower secondary	61 (5.1%)	332 (15.2%)	845 (29.1%)	1,081 (28.6%)	765 (27.0%)	303 (18.2%)	160 (9.9%)	3,547 (21.9%)
Upper secondary	390 (32.4%)	890 (40.6%)	1,138 (39.2%)	1,233 (32.6%)	536 (18.9%)	214 (12.9%)	87 (5.4%)	4,488 (27.7%)
Diploma	88 (7.3%)	79 (3.6%)	77 (2.6%)	59 (1.6%)	15 (0.5%)	8 (0.5%)	1 (0.1%)	327 (2.0%)
Sub-degree	284 (23.6%)	216 (9.9%)	137 (4.7%)	122 (3.2%)	57 (2.0%)	53 (3.2%)	19 (1.2%)	888 (5.5%)
Degree	366 (30.4%)	591 (27.0%)	391 (13.5%)	267 (7.1%)	74 (2.6%)	78 (4.7%)	37 (2.3%)	1,804 (11.1%)
Missing	9 (0.7%)	13 (0.6%)	9 (0.3%)	19 (0.5%)	13 (0.5%)	11 (0.7%)	11 (0.7%)	85 (0.5%)
Total	1,205 (100%)	2,191 (100%)	2,906 (100%)	3,780 (100%)	2,835 (100%)	1,661 (100%)	1,617 (100%)	16,195 (100%)

1.3.4 Individual monthly income

In general, male participants earned more than females, 61.2% of males and 39.5% of females earning $10,000 and above per month (Table 1.3.4a).

Table 1.3.4a: Individual monthly income, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
< $2,000	139	3.3	76	1.6	215	2.4
$2,000 - $3,999	304	7.3	100	2.0	404	4.5
$4,000 - $5,999	451	10.9	180	3.7	631	7.0
$6,000 - $7,999	649	15.6	472	9.6	1,121	12.4
$8,000 - $9,999	565	13.6	657	13.4	1,222	13.5
$10,000 - $14,999	790	19.0	1,459	29.8	2,249	24.9
$15,000 - $19,999	344	8.3	607	12.4	951	10.5
$20,000 - $24,999	205	4.9	352	7.2	557	6.2
$25,000 - $29,999	87	2.1	180	3.7	267	3.0
$30,000 - $39,999	117	2.8	184	3.8	301	3.3
$40,000 - $59,999	70	1.7	132	2.7	202	2.2
≥ $60,000	31	0.7	81	1.7	112	1.2
Declined to answer	292	7.0	274	5.6	566	6.3
Missing	112	2.7	138	2.8	250	2.8
Total	4,156	100	4,892	100	9,048	100

The 35-44 age group had the highest individual income on average, 22.9% earning at least $20,000 per month, against 15.9% for the whole sample (Table 1.3.4b).

Table 1.3.4b: Individual monthly income: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
< $2,000	82 (9.9%)	18 (1.0%)	32 (1.4%)	56 (2.0%)	20 (1.6%)	6 (4.0%)	1 (4.2%)	215 (2.4%)
$2,000 - $3,999	89 (10.8%)	28 (1.6%)	79 (3.6%)	113 (4.1%)	72 (5.6%)	20 (13.2%)	3 (12.5%)	404 (4.5%)
$4,000 - $5,999	46 (5.6%)	50 (2.8%)	133 (6.0%)	219 (7.9%)	153 (11.9%)	28 (18.5%)	2 (8.3%)	631 (7.0%)
$6,000 - $7,999	128 (15.5%)	114 (6.4%)	236 (10.7%)	355 (12.8%)	253 (19.7%)	29 (19.2%)	6 (25.0%)	1,121 (12.4%)
$8,000 - $9,999	177 (21.4%)	264 (14.9%)	262 (11.8%)	326 (11.8%)	176 (13.7%)	16 (10.6%)	1 (4.2%)	1,222 (13.5%)
$10,000 - $14,999	196 (23.7%)	593 (33.4%)	510 (23.1%)	664 (23.9%)	261 (20.3%)	21 (13.9%)	4 (16.7%)	2,249 (24.9%)
$15,000 - $19,999	36 (4.4%)	262 (14.7%)	283 (12.8%)	275 (9.9%)	92 (7.2%)	3 (2.0%)	0 (0.0%)	951 (10.5%)
$20,000 - $24,999	7 (0.8%)	138 (7.8%)	180 (8.1%)	183 (6.6%)	44 (3.4%)	5 (3.3%)	0 (0.0%)	557 (6.2%)
$25,000 - $29,999	2 (0.2%)	70 (3.9%)	100 (4.5%)	75 (2.7%)	19 (1.5%)	0 (0.0%)	1 (4.2%)	267 (3.0%)
$30,000 - $39,999	1 (0.1%)	63 (3.5%)	112 (5.1%)	99 (3.6%)	24 (1.9%)	2 (1.3%)	0 (0.0%)	301 (3.3%)
$40,000 - $59,999	1 (0.1%)	28 (1.6%)	80 (3.6%)	81 (2.9%)	11 (0.9%)	1 (0.7%)	0 (0.0%)	202 (2.2%)
≥$60,000	1 (0.1%)	8 (0.5%)	35 (1.6%)	44 (1.6%)	20 (1.6%)	3 (2.0%)	1 (4.2%)	112 (1.2%)
Declined to answer	36 (4.4%)	105 (5.9%)	129 (5.8%)	197 (7.1%)	83 (6.5%)	14 (19.3%)	2 (8.3%)	566 (6.3%)
Missing	24 (2.9%)	36 (2.0%)	41 (1.9%)	87 (3.1%)	56 (4.4%)	3 (2.0%)	3 (12.5%)	250 (2.8%)
Total	826 (100%)	1,777 (100%)	2,212 (100%)	2,774 (100%)	1,284 (100%)	151 (100%)	24 (100%)	9,048 (100%)

28.2% of the participants reported a household income of less than $10,000 per month, while 9.0% reported an income of $40,000 and above per month (Table 1.3.4c).

Table 1.3.4c: Monthly household income

	No. of persons (%)
Below $5,000	2,368 (14.6%)
$5,000 - $9,999	2,202 (13.6%)
$10,000 - $14,999	2,478 (15.3%)
$15,000 - $19,999	1,655 (10.2%)
$20,000 - $24,999	1,600 (9.9%)
$25,000 - $29,999	893 (5.5%)
$30,000 - $39,999	985 (6.1%)
$40,000 and above	1,457 (9.0%)
Declined to answer	1,040 (6.4%)
Missing	1,517 (9.4%)
Total	16,195 (100%)

1.3.5 Employment status and occupation

Nearly two-thirds (66.1%) of males had a full- or part-time job in the one week prior to interview, compared with less than half (47.2%) of females (Table 1.3.5a). 10.6% of participants beyond the age of retirement (65) still had a job (Table 1.3.5b).

Table 1.3.5a: Had a full- or part-time job in the past one week (including running own business or assisting in family business without pay), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	4,156	47.2	4,892	66.1	9,048	55.9
No	4,640	52.8	2,506	33.9	7,146	44.1
Don't know	0	0.0	1	0.0	1	0.0
Declined to answer	0	0.0	0	0.0	0	0.0
Missing	0	0.0	0	0.0	0	0.0
Total	8,796	100	7,399	100	16,195	100

Table 1.3.5b: Had a full- or part-time job in the past one week (including running own business or assisting in family business without pay): number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	826 (68.5%)	1,777 (81.1%)	2,212 (76.1%)	2,774 (73.4%)	1,284 (45.3%)	151 (9.1%)	24 (1.5%)	9,048 (55.9%)
No	379 (31.5%)	414 (18.9%)	693 (23.8%)	1,006 (26.6%)	1,551 (54.7%)	1,510 (90.9%)	1,593 (98.5%)	7,146 (44.1%)
Don't know	0 (0.0%)	0 (0.0%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.0%)
Declined to answer	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	1,205 (100%)	2,191 (100%)	2,906 (100%)	3,780 (100%)	2,835 (100%)	1,661 (100%)	1,617 (100%)	16,195 (100%)

In their occupations, males were more likely to be managers, professionals, machine operators or elementary workers. On the other hand, females were more likely to be clerks, service workers or sales assistants (Table 1.3.5c). More than a quarter (28.3%) of participants aged 55-64 were elementary workers, nearly double the proportion in the whole sample (15.4%, Table 1.3.5d).

Table 1.3.5c: Occupation, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Managers and administrators	315	7.6	595	12.2	910	10.1
Professionals	724	17.4	1,426	29.1	2,150	23.8
Associated professionals	328	7.9	366	7.5	694	7.7
Clerks	963	23.2	330	6.7	1,293	14.3
Service workers and shop assistants	1,174	28.2	665	13.6	1,839	20.3
Skilled agricultural or fishery workers	0	0.0	3	0.1	3	0.0
Craft and related workers	48	1.2	201	4.1	249	2.8
Plant and machine operators and assemblers	36	0.9	309	6.3	345	3.8
Elementary worker	521	12.5	874	17.9	1,395	15.4
Others	13	0.3	58	1.2	71	0.8
Missing	34	0.8	65	1.3	99	1.1
Total	4,156	100	4,892	100	9,048	100

Base: Participants with a full- or part-time job in the past one week.

Table 1.3.5d: Occupation: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Managers and administrators	27 (3.3%)	179 (10.1%)	279 (12.6%)	294 (10.6%)	116 (9.0%)	12 (7.9%)	3 (12.5%)	910 (10.1%)
Professionals	179 (21.7%)	510 (28.7%)	540 (24.4%)	636 (22.9%)	254 (19.8%)	28 (18.5%)	3 (12.5%)	2,150 (23.8%)
Associated professionals	90 (10.9%)	177 (10.0%)	146 (6.6%)	196 (7.1%)	77 (6.0%)	6 (4.0%)	2 (8.3%)	694 (7.7%)
Clerks	208 (25.2%)	372 (20.9%)	346 (15.6%)	292 (10.5%)	65 (5.1%)	9 (6.0%)	1 (4.2%)	1,293 (14.3%)
Service workers and shop assistants	241 (29.2%)	318 (17.9%)	442 (20.0%)	530 (19.1%)	274 (21.3%)	28 (18.5%)	6 (25.0%)	1,839 (20.3%)
Skilled agricultural or fishery workers	0 (0.0%)	0 (0.0%)	1 (0.0%)	0 (0.0%)	1 (0.1%)	1 (0.7%)	0 (0.0%)	3 (0.0%)
Craft and related workers	11 (1.3%)	28 (1.6%)	64 (2.9%)	101 (3.6%)	40 (3.1%)	3 (2.0%)	2 (8.3%)	249 (2.8%)
Plant and machine operators and assemblers	16 (1.9%)	42 (2.4%)	62 (2.8%)	142 (5.1%)	69 (5.4%)	13 (8.6%)	1 (4.2%)	345 (3.8%)
Elementary worker	45 (5.4%)	121 (6.8%)	294 (13.3%)	521 (18.8%)	363 (28.3%)	47 (31.1%)	4 (16.7%)	1,395 (15.4%)
Others	3 (0.4%)	15 (0.8%)	17 (0.8%)	26 (0.9%)	9 (0.7%)	1 (0.7%)	0 (0.0%)	71 (0.8%)
Missing	6 (0.7%)	15 (0.8%)	21 (0.9%)	36 (1.3%)	16 (1.2%)	3 (2.0%)	2 (8.3%)	99 (1.1%)
Total	826 (100%)	1,777 (100%)	2,212 (100%)	2,774 (100%)	1,284 (100%)	151 (100%)	24 (100%)	9,048 (100%)

Base: Participants with a full- or part-time job in the past one week.

Chapter 2 Health

Data presented in Chapters 2, 3 and 4 are weighted by household income, household size (number of family members in a household) and housing type according to the 2011 Hong Kong Population Census.

2.1 Anthropometrics

In the FAMILY Cohort, height, weight and body fat percentages, were measured for all participants except those with a pacemaker or who were pregnant.

2.1.1 Measurement

Interviewers were trained by the FAMILY Cohort team to take systematic anthropometric measures of height, weight and body fat percentages (BF%). Standing height and weight were measured in light indoor clothes and without shoes to the nearest 0.1 centimetre (cm) and 0.1 kilograms (kg), respectively. Height was measured using the SECA-214 portable stadiometer (Omron Corp, Kyoto, Japan). Weight and body fat percentages were measured using a calibrated Omron HBF-356 precision scale (Omron Corp, Kyoto, Japan), a portable device designed to measure total body fat by means of bio-electrical impedance.

2.1.2 Height

In the FAMILY Cohort, mean height was 155.8 cm in females and 167.9 cm in males (Table 2.1.2a). Height decreased with age, with a mean of 165.0 cm among participants aged 20-24 and 154.5 cm among those aged 75 and above (Table 2.1.2b).

Table 2.1.2a: Height (cm), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Height						
Below 140.0	75	0.9	3	0.0	78	0.5
140.0-149.9	1,137	13.0	40	0.5	1,177	7.3
150.0-159.9	5,154	59.1	749	10.2	5,903	36.8
160.0-169.9	2,238	25.6	3,475	47.5	5,713	35.6
170.0-179.9	118	1.4	2,743	37.5	2,861	17.8
180.0 and above	1	0.0	299	4.1	300	1.9
Missing	4	0.0	2	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100
Mean	155.8		167.9		161.3	
Median	156.0		168.0		161.0	
Standard deviation	6.25		6.87		8.87	

Table 2.1.2b: Height (cm): number of persons (%) by age group (years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Height								
Below 140.0	0 (0.0%)	11 (0.4%)	6 (0.2%)	4 (0.1%)	5 (0.2%)	10 (0.8%)	42 (3.8%)	78 (0.5%)
140.0-149.9	24 (1.9%)	71 (2.8%)	130 (3.9%)	228 (5.6%)	260 (10.4%)	187 (15.8%)	277 (25.3%)	1,177 (7.3%)
150.0-159.9	365 (28.8%)	810 (31.9%)	1,256 (37.2%)	1,477 (36.3%)	1,085 (43.3%)	468 (39.6%)	422 (40.4%)	5,903 (36.8%)
160.0-169.9	469 (37.0%)	897 (35.4%)	1,230 (36.4%)	1,549 (38.1%)	871 (34.7%)	416 (35.2%)	280 (25.6%)	5,713 (35.6%)
170.0-179.9	329 (26.0%)	644 (25.4%)	701 (20.7%)	761 (18.7%)	274 (10.9%)	98 (8.3%)	53 (4.9%)	2,861 (17.8%)
180.0 and above	80 (6.3%)	101 (4.0%)	57 (1.7%)	46 (1.1%)	14 (0.6%)	3 (0.3%)	0 (0.0%)	300 (1.9%)
Missing	0 (0.0%)	0 (0.1%)	0 (0.0%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	165.0	164.0	162.3	161.7	159.3	157.9	154.5	161.3
Median	165.0	163.0	162.0	161.0	159.0	158.0	154.0	161.0
Standard deviation	8.95	8.93	8.37	8.23	8.04	8.32	8.89	8.87

Figure 2.1.2a: Figure 2.1.2a: Height distribution among females (n = 8,727) and males (n = 7,312)

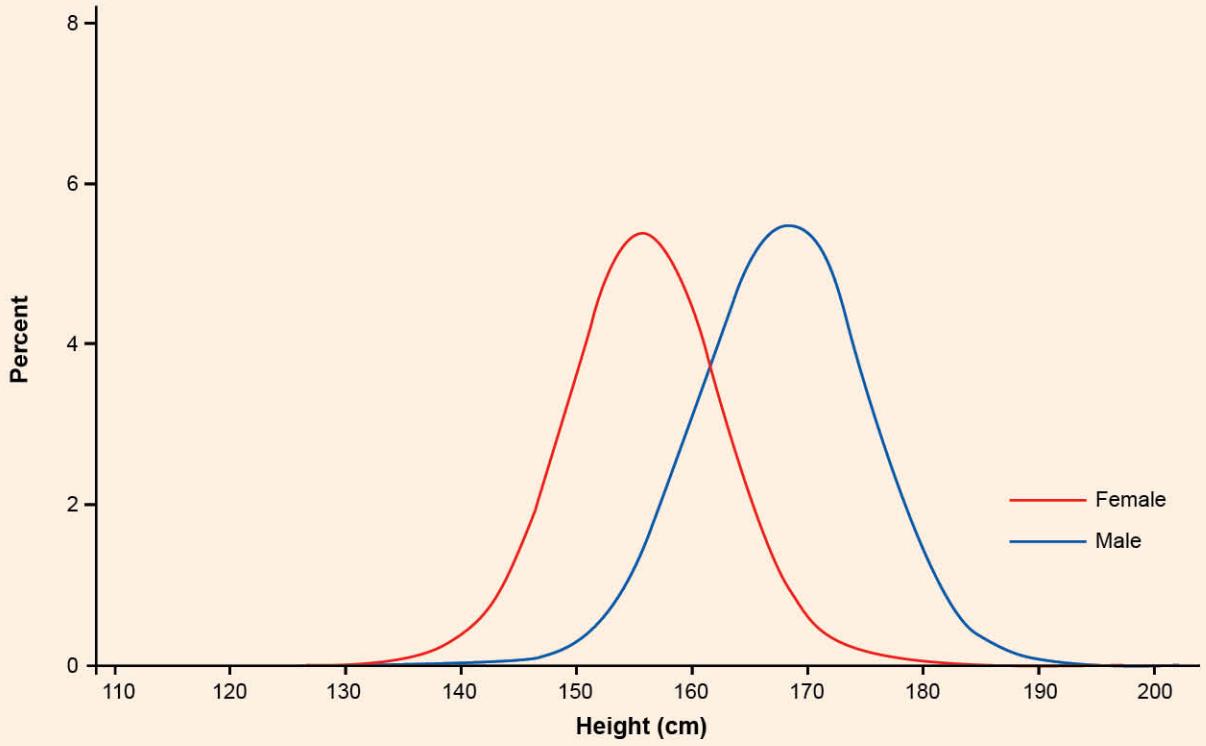
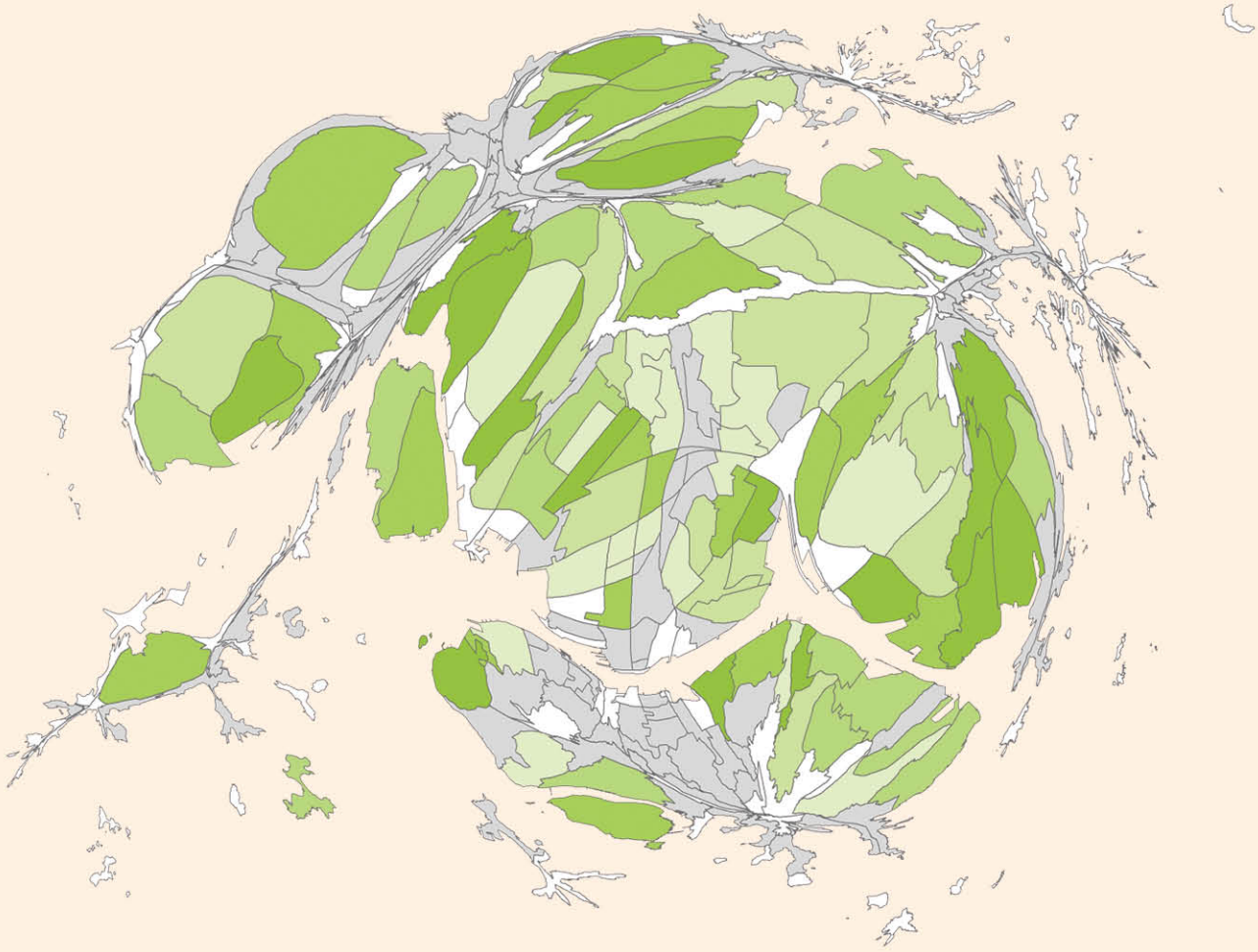


Figure 2.1.2b: Mean height (m), by Tertiary Planning Unit (TPU)



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Height (m)

- ≤ 1.60
- 1.61
- 1.62
- 1.63 - 1.62
- ≤ 1.63

Mean height was 1.61m for the FC sample, with the highest among parts of Quarry Bay and Sheung Shui.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

2.1.3 Weight

In the FAMILY Cohort, mean weight was 56.2 kg in females and 68.1 kg in males (Table 2.1.3a). Weight distribution showed a bell-shaped curve with age, increasing from 57.9 kg among participants aged 20-24 to 64.0 kg among those aged 45-54, and then gradually decreasing to 56.4 kg among those aged 75 and above (Table 2.1.3b).

Table 2.1.3a: Weight (kg), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Weight						
Below 40.0	185	2.1	26	0.4	211	1.3
40.0-49.9	2,110	24.2	233	3.2	2,343	14.6
50.0-59.9	3,754	43.0	1,404	19.2	5,159	32.2
60.0-69.9	1,905	21.8	2,703	37.0	4,608	28.7
70.0-79.9	556	6.4	1,946	26.6	2,503	15.6
80.0-89.9	125	1.4	680	9.3	805	5.0
90.0-99.9	35	0.4	195	2.7	230	1.4
100.0-109.9	8	0.1	73	1.0	81	0.5
110.0 and above	7	0.1	25	0.3	32	0.2
Missing	41	0.5	27	0.4	68	0.4
Total	8,727	100	7,312	100	16,039	100
Mean	56.2		68.1		61.7	
Median	55.0		67.0		60.4	
Standard deviation	9.8		11.5		12.1	

Table 2.1.3b: Weight (kg): number of persons (%) by age group (years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Weight								
Below 40.0	27 (2.2%)	35 (1.4%)	9 (0.3%)	19 (0.5%)	30 (1.2%)	24 (2.0%)	67 (6.1%)	211 (1.3%)
40.0-49.9	331 (26.1%)	481 (19.2%)	470 (13.9%)	369 (9.1%)	284 (11.3%)	177 (15.0%)	225 (20.5%)	2,343 (14.6%)
50.0-59.9	434 (34.3%)	798 (31.5%)	1,088 (32.2%)	1,223 (30.1%)	840 (33.5%)	368 (31.1%)	408 (37.3%)	5,159 (32.2%)
60.0-69.9	274 (21.6%)	647 (25.5%)	944 (27.9%)	1,273 (31.3%)	814 (32.4%)	380 (32.2%)	276 (25.2%)	4,608 (28.7%)
70.0-79.9	116 (9.2%)	378 (14.9%)	547 (16.2%)	796 (19.6%)	410 (16.3%)	171 (14.4%)	84 (7.7%)	2,503 (15.6%)
80.0-89.9	45 (3.5%)	110 (4.3%)	207 (6.1%)	275 (6.8%)	100 (4.0%)	46 (3.9%)	23 (2.1%)	805 (5.0%)
90.0-99.9	17 (1.4%)	51 (2.0%)	69 (2.0%)	66 (1.6%)	16 (0.6%)	8 (0.7%)	3 (0.2%)	230 (1.4%)
100.0-109.9	10 (0.8%)	13 (0.5%)	26 (0.8%)	23 (0.6%)	8 (0.3%)	0 (0.0%)	1 (0.1%)	81 (0.5%)
110.0 and above	1 (0.0%)	8 (0.3%)	14 (0.4%)	5 (0.1%)	0 (0.0%)	3 (0.3%)	0 (0.0%)	32 (0.2%)
Missing	13 (1.0%)	8 (0.3%)	6 (0.2%)	18 (0.5%)	8 (0.3%)	5 (0.5%)	8 (0.8%)	68 (0.4%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	57.9	60.3	63.0	64.0	61.7	60.7	56.4	61.7
Median	55.2	59.1	61.2	62.6	60.9	60.3	56.0	60.4
Standard deviation	12.2	13.0	12.7	11.7	10.8	11.2	10.8	12.1

Figure 2.1.3a: Weight distribution among females (n = 8,727) and males (n = 7,312)

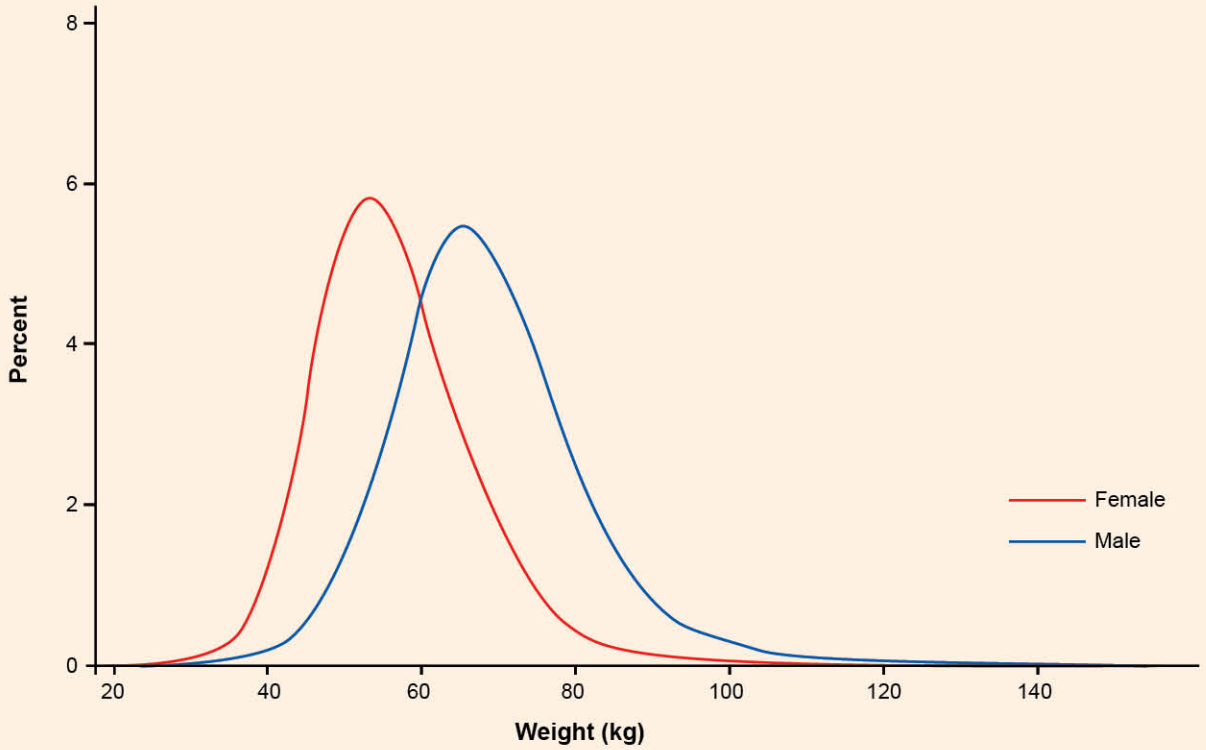
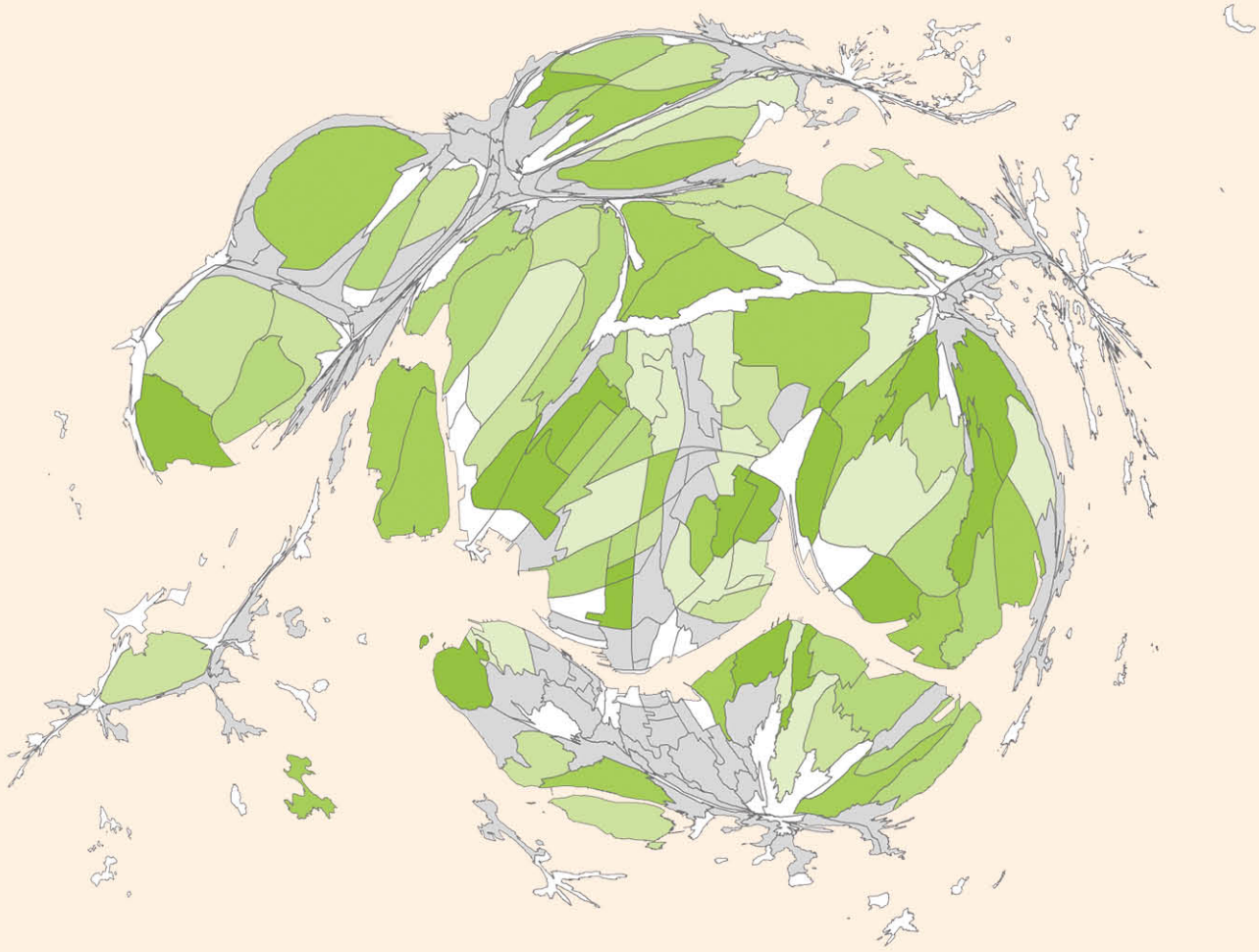


Figure 2.1.3b: Mean weight (kg), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Weight (kg)

- ≤ 60.2
- 60.3 - 61.3
- 61.4 - 62.0
- 62.1 - 62.9
- ≥ 63.0

Mean weight was 61.7kg for the FC sample, with the highest among parts of Kowloon Bay, Ma Tau Wai, and To Kwa Wan.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with “FAMILY” research sample size larger than or equal to 30. URL will be announced later.

2.1.4 Body mass index (BMI)

Body mass index (BMI) is a simple index used to classify overweight and obesity in different populations and is defined as weight (kg) divided by the square of the height in meters (kg/m^2) [1]. The risk of chronic diseases (such as coronary heart disease, ischemic stroke and Type II diabetes), musculoskeletal disorders (osteoarthritis) and some cancers (such as endometrial, breast and colon cancers) increases with BMI [2,3].

According to World Health Organization (WHO) definitions[1], just over one-quarter of the participants were overweight and 5.4% were obese in the FAMILY Cohort. On the other hand, 6.2% were underweight. More males (37.2%) than females (28.0%) were either overweight or obese, whereas more females (7.9%) than males (4.2%) were underweight (Table 2.1.4a). The overweight or obese proportion increased from 12.3% among those aged 20-24 to 39.6% among those aged 55-64, and then decreased to 33.3% among those aged 75 and above (Table 2.1.4b). The percentage of underweight people was the highest among those aged 20-24 (22.9%) and lowest (1.6%) among those aged 45-54 and then increased to 7.2% among those aged 75 and above (Table 2.1.4b).

Table 2.1.4a: BMI classification (WHO definition), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
BMI (kg/m^2)						
Underweight (BMI <18.5)	686	7.9	305	4.2	991	6.2
Normal (BMI 18.5-<25)	5,516	63.2	4,249	58.1	9,766	60.9
Overweight (BMI 25-<30)	1,997	22.9	2,294	31.4	4,292	26.8
Obese (BMI ≥30)	441	5.1	424	5.8	866	5.4
Missing	86	1.0	39	0.5	125	0.8
Total	8,727	100	7,312	100	16,039	100

Table 2.1.4b: BMI classification (WHO definition): number of persons (%) by age group (years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
BMI (kg/m²)								
Underweight (BMI <18.5)	290 (22.9%)	281 (11.1%)	128 (3.8%)	68 (1.6%)	92 (3.7%)	56 (4.7%)	78 (7.2%)	991 (6.2%)
Normal (BMI 18.5-<25)	805 (63.5%)	1,704 (67.2%)	2,163 (64.0%)	2,371 (58.3%)	1,409 (56.2%)	679 (57.4%)	634 (57.9%)	9,766 (60.9%)
Overweight (BMI 25-<30)	111 (8.7%)	431 (17.0%)	898 (26.6%)	1,343 (33.0%)	860 (34.3%)	341 (28.9%)	308 (28.2%)	4,292 (26.8%)
Obese (BMI ≥30)	45 (3.6%)	98 (3.9%)	180 (5.3%)	260 (6.4%)	133 (5.3%)	93 (7.9%)	55 (5.1%)	866 (5.4%)
Missing	17 (1.3%)	22 (0.9%)	12 (0.3%)	28 (0.7%)	15 (0.6%)	13 (1.1%)	18 (1.7%)	125 (0.8%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Body mass index (BMI) is a simple index of weight-for-height and may not accurately reflect the body fat distribution across populations, in part, because different ethnic groups have different body proportions [4]. The WHO has recommended adjusted BMI cut-off points for Asian populations to classify more accurately underweight, overweight and obese adults of Asian origin [4]. According to the Asian BMI classification, 20.5% of the participants were classified as overweight and 32.2% obese (Table 2.1.4c). On the other hand, 6.2% of participants were underweight. More males (60.7%) than females (46.0%) were either overweight or obese (Table 2.1.4c). The proportion of overweight or obese participants as defined by the Asian BMI classification increased with age, from 21.9% among those aged 20-24 to 62.2% among those aged 45-54, and then decreased to 55.3% among those aged 75 and above (Table 2.1.4d).

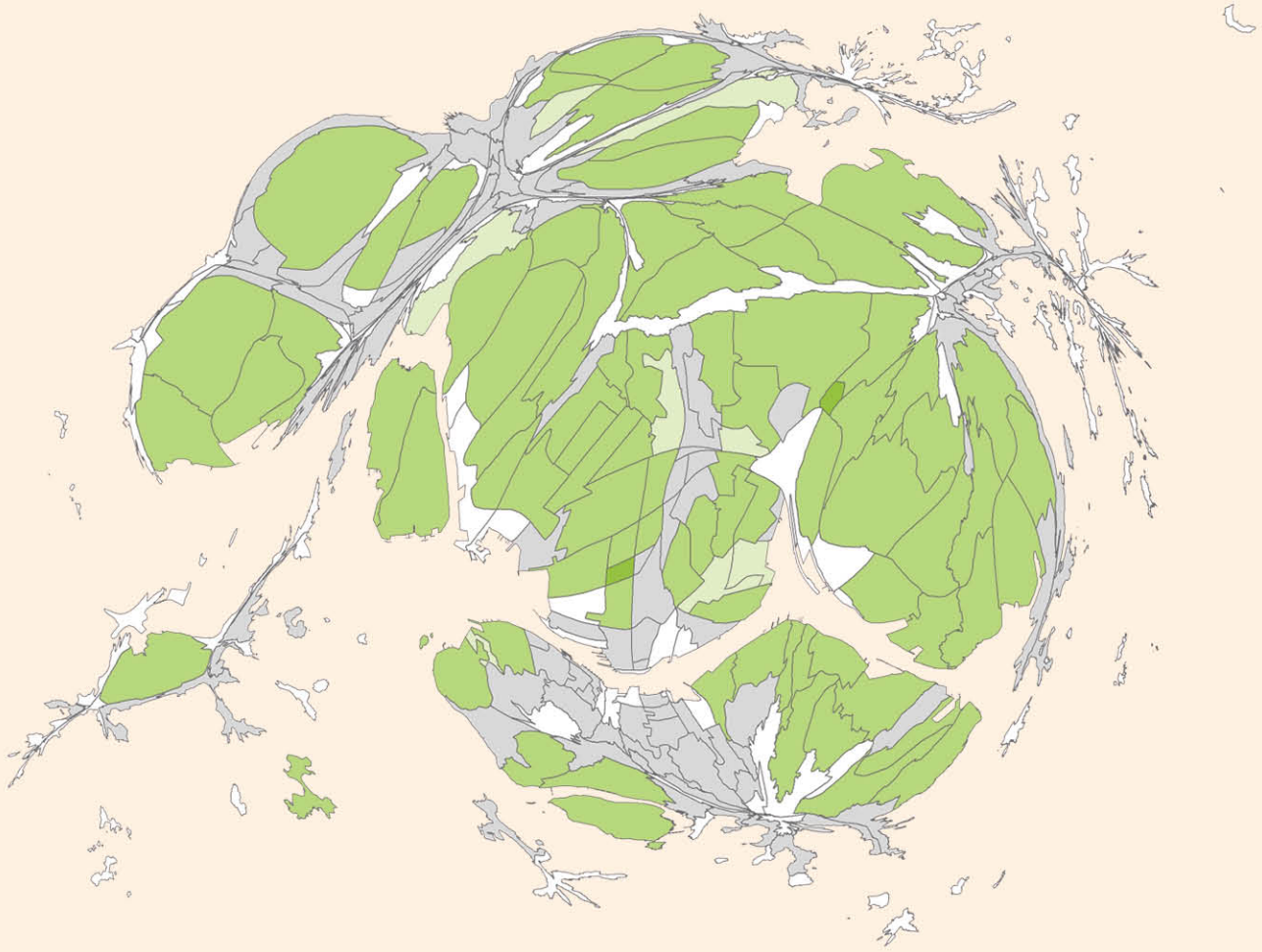
Table 2.1.4c: BMI classification (WHO definition for Asian), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
BMI (kg/m²)						
Underweight (BMI <18.5)	686	7.9	305	4.2	991	6.2
Normal (BMI 18.5-<23)	3,941	45.2	2,531	34.6	6,472	40.4
Overweight (BMI 23-<25)	1,576	18.1	1,718	23.5	3,294	20.5
Obese (BMI ≥25)	2,439	27.9	2,719	37.2	5,157	32.2
Missing	86	1.0	39	0.5	125	0.8
Total	8,727	100	7,312	100	16,039	100

Table 2.1.4d: BMI classification (WHO definition for Asian): number of persons (%) by age group (years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
BMI (kg/m²)								
Underweight (BMI <18.5)	290 (22.9%)	281 (11.1%)	128 (3.8%)	66 (1.6%)	92 (3.7%)	56 (4.7%)	78 (7.2%)	991 (6.2%)
Normal (BMI 18.5-<23)	684 (53.9%)	1,314 (51.8%)	1,434 (42.4%)	1,443 (35.5%)	814 (32.4%)	391 (33.1%)	393 (35.9%)	6,472 (40.4%)
Overweight (BMI 23-<25)	121 (9.6%)	391 (15.4%)	729 (21.6%)	929 (22.8%)	596 (23.7%)	288 (24.3%)	241 (22.0%)	3,294 (20.5%)
Obese (BMI ≥25)	159 (12.3%)	514 (20.9%)	1,078 (31.9%)	1,603 (39.4%)	993 (39.6%)	435 (36.7%)	364 (33.3%)	5,157 (32.2%)
Missing	17 (1.3%)	22 (0.9%)	12 (0.3%)	28 (0.7%)	15 (0.6%)	13 (1.1%)	18 (1.7%)	125 (0.8%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Figure 2.1.4a: Mean BMI (WHO definition for Asian), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

BMI (kg/m^2)

- 18.5 - 22.9
- 23.0 - 24.9
- ≥ 25.0

Mean BMI was 23.6 kg/m2 for the FC sample. Higher BMI were more common among parts of Yau Ma Tei and Ngau Chi Wan.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

2.1.5 Body fat percentage

Body fat percentage (a measure of abdominal fat and central obesity) is associated with chronic diseases such as heart disease, stroke and Type II diabetes [5].In the FAMILY Cohort, the body fat percentage in 14.0% participants were detected being less than 20% (Table 2.1.5a). Body fat less than 20% were common in males (27.4%) than females (2.7%), whereas more females (53.2%) than males (8.3%) were found with body fat of 30% and above. The proportion of participants who had over 30% of body fat, increased with age from 8.8% among those aged 20-24 to 47.1% among those aged 65-74 with a slight decrease to 34.7% among those aged 75 and above (Table 2.1.5b).

Table 2.1.5a: Body fat percentage, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Body fat %						
BFP <10	4	0.0	176	2.4	180	1.1
BFP 10- <20	237	2.7	1,827	25.0	2,064	12.9
BFP 20- <30	3,194	36.6	4,242	58.0	7,436	46.4
BFP 30- <40	4,256	48.8	599	8.2	4,855	30.3
BFP 40+	387	4.4	7	0.1	394	2.5
Missing	649	7.4	460	6.3	1,109	28.1
Total	8,727	100	7,312	100	16,039	100
Mean	30.8		22.7		27.1	
Median	31.1		23.2		27.2	
Standard deviation	5.7		5.8		7.1	

Table 2.1.5b: Body fat percentage: number of persons (%) by age group (years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Body fat %								
BFP <10	93 (7.3%)	50 (2.0%)	12 (0.4%)	8 (0.2%)	13 (0.5%)	2 (0.2%)	1 (0.1%)	180 (1.1%)
BFP 10- <20	361 (28.5%)	558 (22.0%)	384 (11.4%)	418 (10.3%)	210 (8.4%)	81 (6.9%)	53 (4.8%)	2,064 (12.9%)
BFP 20- <30	661 (52.1%)	1,319 (52.0%)	1,863 (55.1%)	1,914 (47.1%)	1,037 (41.3%)	453 (38.3%)	188 (17.2%)	7,436 (46.4%)
BFP 30- <40	108 (8.5%)	436 (17.2%)	982 (29.0%)	1,504 (37.0%)	1,074 (42.8%)	450 (38.0%)	301 (27.5%)	4,855 (30.3%)
BFP 40+	4 (0.3%)	7 (0.3%)	34 (1.0%)	75 (1.8%)	78 (3.1%)	107 (9.1%)	89 (7.2%)	394 (2.5%)
Missing	41 (3.2%)	166 (6.6%)	105 (3.1%)	149 (3.7%)	98 (3.9%)	90 (7.6%)	461 (42.2%)	1,109 (7.6%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	21.5	23.9	26.9	27.9	29.2	30.5	31.9	27.1
Median	22.4	24.2	27.2	28.2	29.5	30.1	33.3	27.2
Standard deviation	6.9	6.5	6.1	6.3	6.7	7.3	7.8	7.1

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1. World Health Organization. WHO Global Database on Body Mass Index: BMI classification. World Health Organization. 2006; http://apps.who.int/bmi/index.jsp?introPage=intro_3.html. Accessed 27 October, 2012
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5. Yusuf S, Hawken S, Ôunpuu S, Dans T et.al. Effect of potentially modifiable risk factorsassociated with myocardial infarction in 52 countries (the INTERHEART study): case-control study. The Lancet. 2004;363(9438):937-52.

2.2 Blood pressure

2.2.1 Measurement

The World Health Organization defines hypertension as systolic blood pressure of ≥140 mmHg and/or diastolic blood pressure of ≥90 mmHg. In the FAMILY Cohort, blood pressure was measured by means of the calibrated Omron™ (HEM-7000) automatic sphygmomanometer (Omron Corp, Kyoto, Japan). Seated blood pressure (mmHg) was recorded as the average of two measurements, with at least a five-minute interval between the two readings. Additionally, participants were asked whether they had been diagnosed with hypertension by a Western medical practitioner.

2.2.2 Blood pressure distribution

The mean systolic blood pressure in females and males was 121.8 mmHg and 129.5 mmHg respectively (Table 2.2.2a and Figure 2.2.2a), while the mean diastolic blood pressure in females and males was 77.7 mmHg and 80.4 mmHg respectively (Figure 2.2.2b). Both systolic and diastolic blood pressure increased with age (Table 2.2.2b): the systolic from 113.0 mmHg in participants aged 20-24 to 145.3 mmHg in those of 75 and above, and the diastolic from 72.5 mmHg in those of 20-24 to 82.8 mmHg in those of 55-64, dropping slightly to 79.5 mmHg in those of 75 and above.

Table 2.2.2a: Blood pressure (mmHg), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Systolic						
Below 100.0	1,055	12.1	119	1.6	1,173	7.3
100.0-119.9	3,620	41.5	2,120	29.0	5,740	35.8
120.0-139.9	2,198	25.2	3,266	44.7	5,464	34.1
140-159.9	1,095	12.5	1,203	16.4	2,297	14.3
160.0-179.9	397	4.6	340	4.6	737	4.6
180.0 and above	124	1.4	107	1.5	230	1.4
Missing	239	2.7	158	2.2	398	2.5
Total	8,727	100	7,312	100	16,039	100
Mean	121.8		129.5		125.3	
Median	117.0		127.0		122.5	
Standard deviation	21.3		17.9		20.2	
Diastolic						
Below 60.0	318	3.6	92	1.3	409	2.6
60.0-69.9	1,952	22.4	1,009	13.8	2,961	18.5
70.0-79.9	2,949	33.8	2,574	35.2	5,523	34.4
80.0-89.9	2,068	23.7	2,238	30.6	4,306	26.8
90.0-99.9	917	10.5	897	12.3	1,814	11.3
100.0-109.9	290	3.3	306	4.2	597	3.7
110.0 and above	88	1.0	84	1.1	172	1.1
Missing	146	1.7	111	1.5	258	1.6
Total	8,727	100	7,312	100	16,039	100
Mean	77.7		80.4		78.9	
Median	76.5		79.5		78.0	
Standard deviation	11.6		10.8		11.4	

Table 2.2.2b: Blood pressure (mmHg): number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Systolic								
Below 100.0	191 (15.1%)	370 (14.6%)	329 (9.7%)	221 (5.4%)	46 (1.8%)	6 (0.5%)	9 (0.9%)	1,173 (7.3%)
100.0-119.9	681 (53.7%)	1,271 (50.1%)	1,553 (45.9%)	1,424 (35.0%)	565 (22.5%)	140 (11.8%)	107 (9.8%)	5,740 (35.8%)
120.0-139.9	317 (25.0%)	702 (27.7%)	1,168 (34.6%)	1,546 (38.0%)	985 (39.2%)	407 (34.5%)	339 (31.0%)	5,464 (34.1%)
140-159.9	35 (2.8%)	108 (4.3%)	214 (6.3%)	641 (15.8%)	577 (23.0%)	380 (32.1%)	341 (31.2%)	2,297 (14.3%)
160.0-179.9	1 (0.1%)	13 (0.5%)	44 (1.3%)	135 (3.3%)	227 (9.0%)	158 (13.4%)	159 (14.5%)	737 (4.6%)
180.0 and above	0 (0.0%)	4 (0.2%)	11 (0.3%)	30 (0.7%)	49 (1.9%)	55 (4.6%)	81 (7.4%)	230 (1.4%)
Missing	42 (3.3%)	68 (2.7%)	60 (1.8%)	72 (1.8%)	61 (2.4%)	36 (3.1%)	57 (5.2%)	398 (2.5%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	113.0	114.9	118.5	125.8	134.1	142.2	145.3	125.3
Median	112.5	113.5	117.0	123.5	131.5	140.5	143.5	122.5
Standard deviation	13.0	14.4	15.5	18.0	20.4	20.6	22.0	20.2
Diastolic								
Below 60.0	76 (6.0%)	106 (4.2%)	96 (2.8%)	55 (1.3%)	31 (1.2%)	8 (0.7%)	38 (3.4%)	409 (2.6%)
60.0-69.9	402 (31.7%)	701 (27.6%)	662 (19.6%)	634 (15.6%)	273 (10.9%)	132 (11.2%)	156 (14.3%)	2,961 (18.5%)
70.0-79.9	523 (41.3%)	929 (36.6%)	1,270 (37.6%)	1,290 31.7%)	774 (30.8%)	376 (31.8%)	361 (33.0%)	5,523 (34.4%)
80.0-89.9	201 (15.9%)	561 (22.1%)	851 (25.2%)	1,189 (29.2%)	774 (30.9%)	407 (34.4%)	323 (29.5%)	4,306 (26.8%)
90-99.9	36 (2.8%)	136 (5.4%)	334 (9.9%)	593 (14.6%)	404 (16.1%)	172 (14.6%)	138 (12.7%)	1,814 (11.3%)
100.0-109.9	5 (0.4%)	23 (0.9%)	105 (3.1%)	210 (5.2%)	162 (6.5%)	48 (4.1%)	42 (3.9%)	597 (3.7%)
110.0 and above	0 (0.0%)	4 (0.2%)	22 (0.6%)	57 (1.4%)	58 (2.3%)	23 (2.0%)	8 (0.8%)	172 (1.1%)
Missing	25 (1.9%)	76 (3.0%)	40 (1.2%)	41 (1.0%)	33 (1.3%)	15 (1.3%)	27 (2.5%)	258 (1.6%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	72.5	74.7	77.9	80.9	82.8	82.0	79.5	78.9
Median	72.0	74.0	77.0	80.0	81.5	81.5	79.0	78.0
Standard deviation	8.8	9.6	10.8	11.6	11.9	11.0	11.1	11.4

Figure 2.2.2a: Systolic blood pressure in females (n = 8727) and males (n = 7,312)

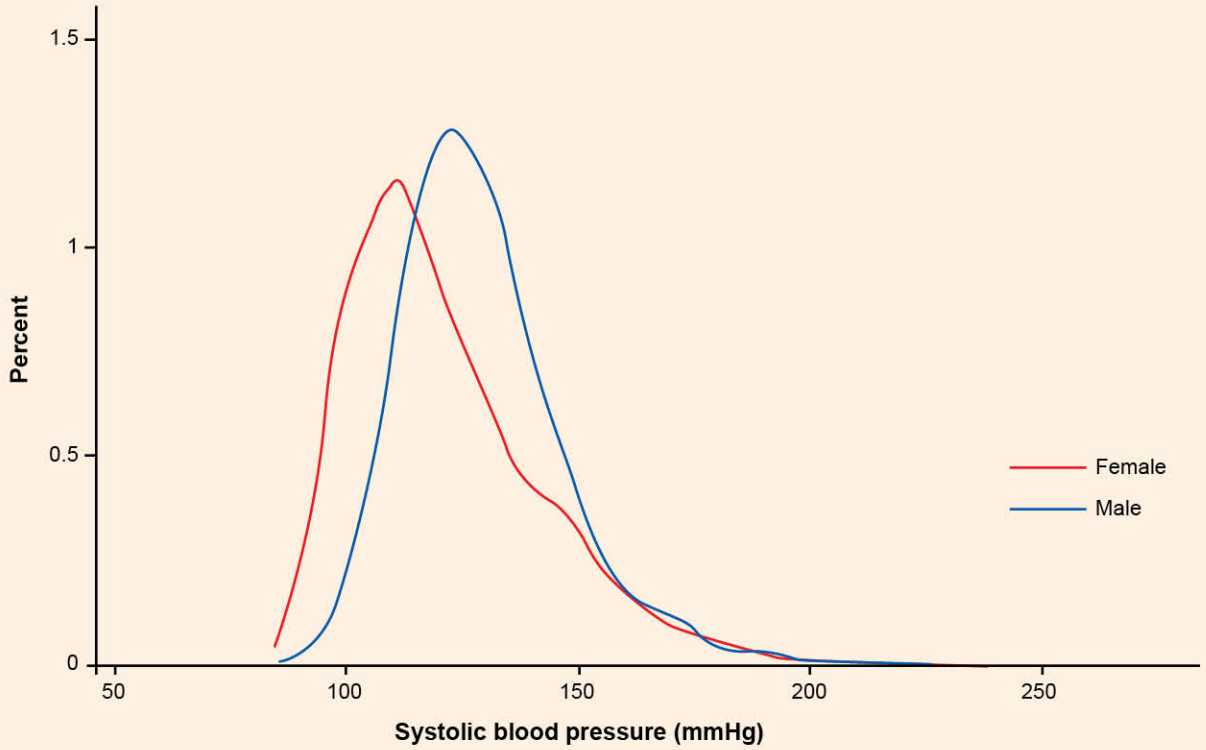


Figure 2.2.2b: Diastolic blood pressure in females (n = 8,727) and males (n = 7,312)

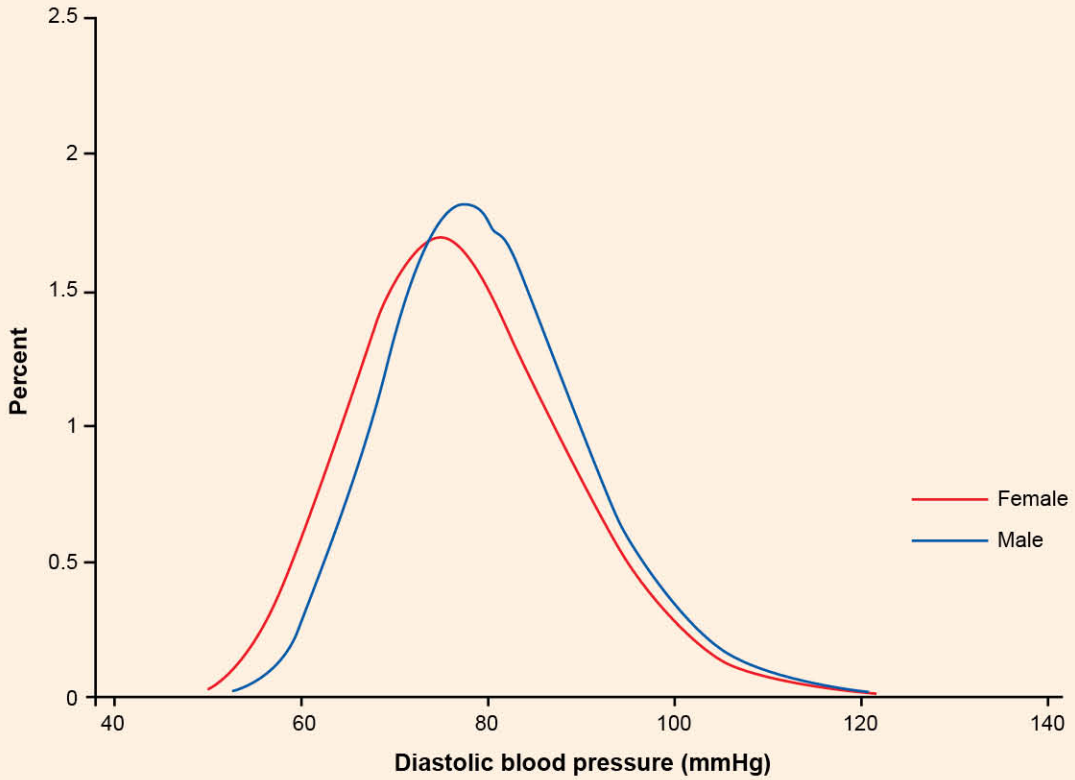
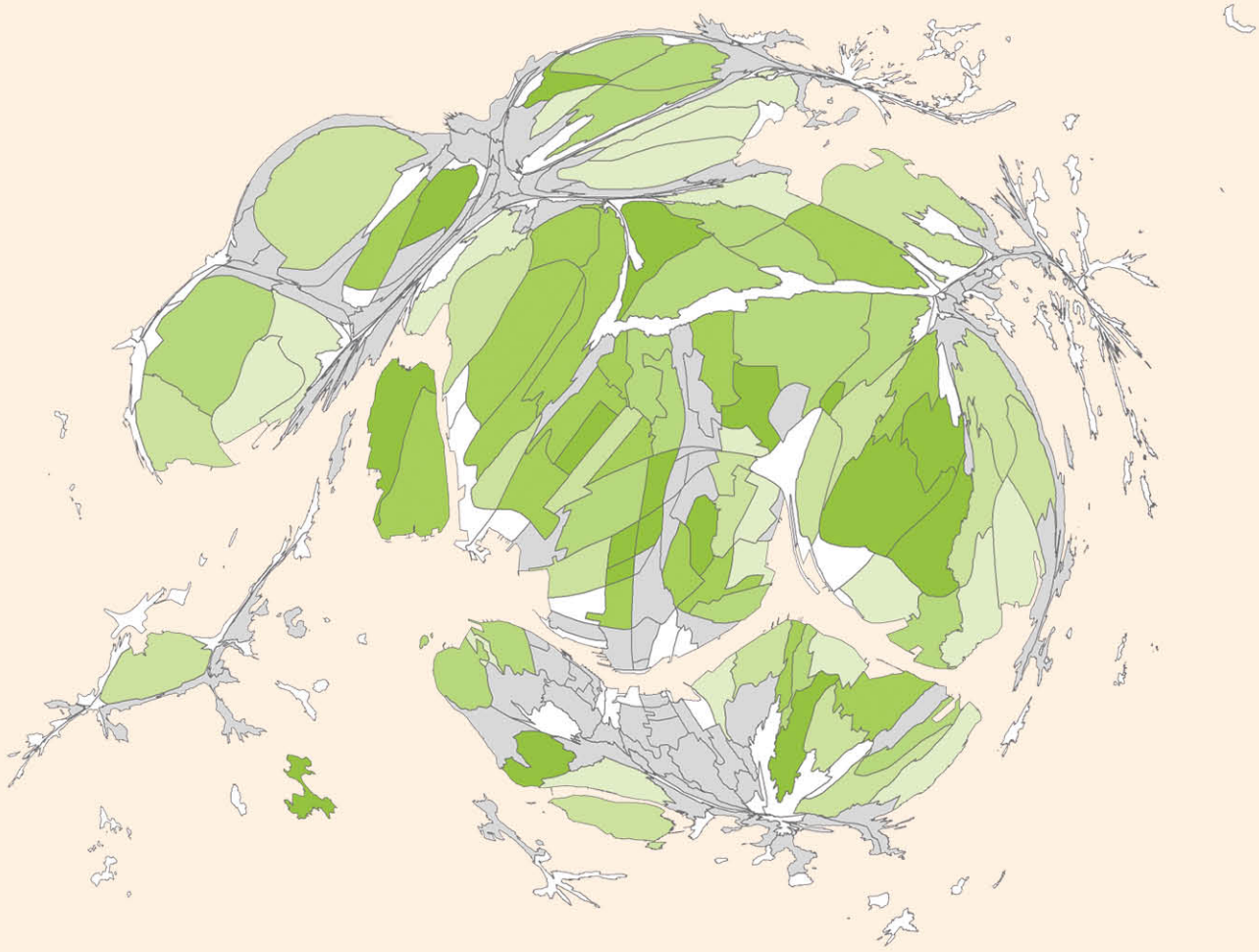


Figure 2.2.2c: Mean systolic blood pressure (mmHg), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Systolic blood pressure (mmHg)

- ≤ 122.9
- 123.0 - 125.1
- 125.2 - 126.9
- 127.0 - 128.8
- ≥ 128.9

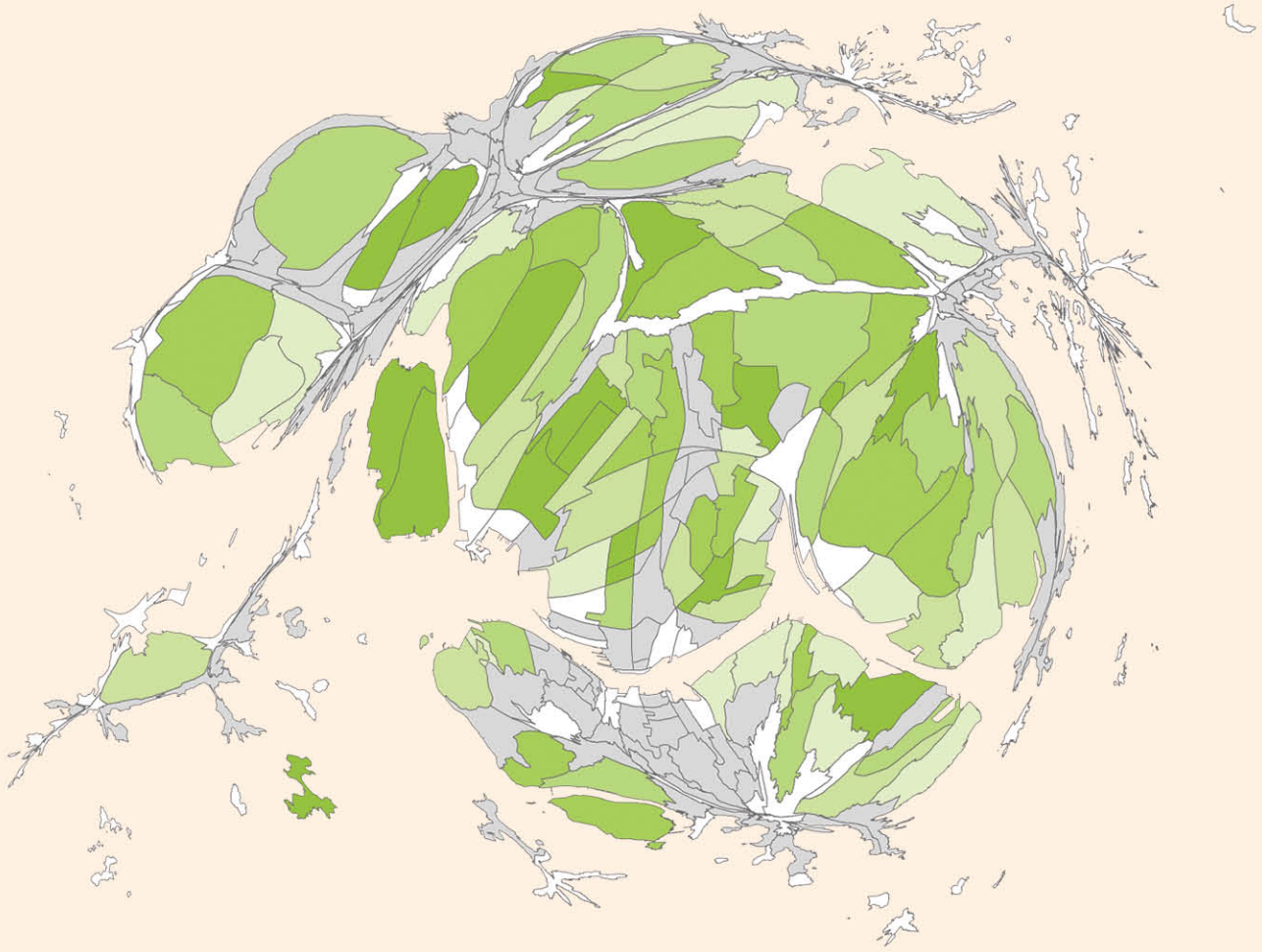
Mean systolic blood pressure was 125.3 mmHg for the FC sample, with the highest among part Ngau Chi Wan.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Figure 2.2.2d: Mean diastolic blood pressure (mmHg), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Diastolic blood pressure (mmHg)

- ≤ 77.7
- 77.8 - 78.8
- 78.9 - 79.9
- 80.0 - 80.7
- ≥ 80.8

Mean diastolic blood pressure was 78.9 mmHg for the FC sample, with the highest among parts of Yau Ma Tei, Ngau Chi Wan and Cheung Chau.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

2.2.3 Hypertension

In the survey, participants who answered affirmatively to the question 'Have you ever been told by a doctor that you had hypertension?', or had a measured systolic blood pressure of ≥140 mmHg or a measured diastolic blood pressure of ≥90 mmHg, would be classified as being diagnosed with hypertension.

Overall, 14.7% of participants reported having been diagnosed with hypertension by a Western medical practitioner (Table 2.2.3a). However, field measurement using an electronic sphygmomanometer revealed that another 16.6% had high blood pressure according to WHO criteria, giving an overall prevalence of 31.3% (28.6% in females and 34.5% in males). Both self-reported and 'undiagnosed but measured' hypertension increased steadily with age, the former from 0.2% in participants of 20-24 to 50.6% in those of 75 and above, the latter from 5.0% in those of 20-24 to 27.2% in those of 65-74 (Table 2.2.3b).

Table 2.2.3a: Prevalence of hypertension, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes						
Self-reported hypertension	1,253	14.4	1,103	15.1	2,356	14.7
Undiagnosed but measured	1,240	14.2	1,421	19.4	2,662	16.6
No	5,982	68.5	4,647	63.6	10,629	66.3
Missing	252	2.9	141	1.9	392	2.4
Total	8,727	100	7,312	100	16,039	100

Table 2.2.3b: Prevalence of hypertension: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes								
Self-reported hypertension	2 (0.2%)	24 (0.9%)	105 (3.1%)	483 (11.9%)	664 (26.4%)	524 (44.3%)	554 (50.6%)	2,356 (14.7%)
Undiagnosed but measured	64 (5.0%)	203 (8.0%)	446 (13.2%)	794 (19.5%)	584 (23.3%)	322 (27.2%)	250 (22.8%)	2,662 (16.6%)
No	1,148 (90.6%)	2,203 (86.8%)	2,759 (81.6%)	2,732 (67.2%)	1,219 (48.6%)	311 (26.3%)	257 (23.5%)	10,629 (66.3%)
Missing	54 (4.3%)	107 (4.2%)	71 (2.1%)	59 (1.5%)	43 (1.7%)	25 (2.1%)	33 (3.1%)	392 (2.4%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Blood pressure control is an important means of reducing clinical consequences such as heart or kidney disease, stroke and death. Among participants with self-reported hypertension (n = 2,356), over two thirds (69.2%) were receiving anti-hypertensive treatment, of which 69.1% were with Western medication, 0.1% with Chinese medication and <0.1% with both (Table 2.2.3c). Participants aged 65 and above had the best medication compliance rate, while their youngest counterpart group had the lowest (Table 2.2.3d).

The 'rule of halves' states that half of those with hypertension are not diagnosed, half of those diagnosed do not receive any treatment, and half of those treated do not achieve adequate control.[1] The prevalence of hypertension in the FAMILY Cohort was 31.3%, but only 47.0% of those with the condition had been previously diagnosed. Among those previously diagnosed, 69.2% had been prescribed anti-hypertensive medication, only 41.4% of whom, however, had their blood pressure under control (<140/90 mmHg) (Table 2.2.3e).

Table 2.2.3c: Medication compliance rate of self-reported hypertension, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Taking anti-hypertensives						
Western medication	872	69.6	756	68.6	1,628	69.1
Chinese medication	1	0.1	2	0.2	3	0.1
Both	0	0.0	1	0.1	1	0.0
Not taking anti-hypertensives	380	30.3	343	31.1	723	30.7
Total	1,253	100	1,103	100	2,356	100

Base: Participants with self-reported hypertension.

Table 2.2.3d: Medication compliance rate of self-reported hypertension: number of persons (%) by age group

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Taking anti-hypertensives								
Western medication	0 (18.2%)	4 (17.7%)	67 (63.5%)	292 (60.5%)	462 (69.6%)	399 (76.1%)	404 (73.0%)	1,628 (69.1%)
Chinese medication	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.3%)	1 (0.1%)	1 (0.2%)	0 (0.0%)	3 (0.1%)
Both	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.1%)	1 (0.0%)
Not taking anti-hypertensives	2 (81.8%)	20 (82.3%)	38 (36.5%)	189 (39.2%)	201 (30.3%)	124 (23.7%)	148 (26.8%)	723 (30.7%)
Total	2 (100%)	24 (100%)	105 (100%)	483 (100%)	664 (100%)	524 (100%)	554 (100%)	2,356 (100%)

Base: Participants with self-reported hypertension.

Table 2.2.3e: Blood pressure control by blood pressure control (well-controlled blood pressure <140/90 mmHg)

	No. of persons	%
Blood pressure well-controlled	675	41.4
Blood pressure not well-controlled	919	56.3
Missing	38	2.3
Total	1,632	100

References

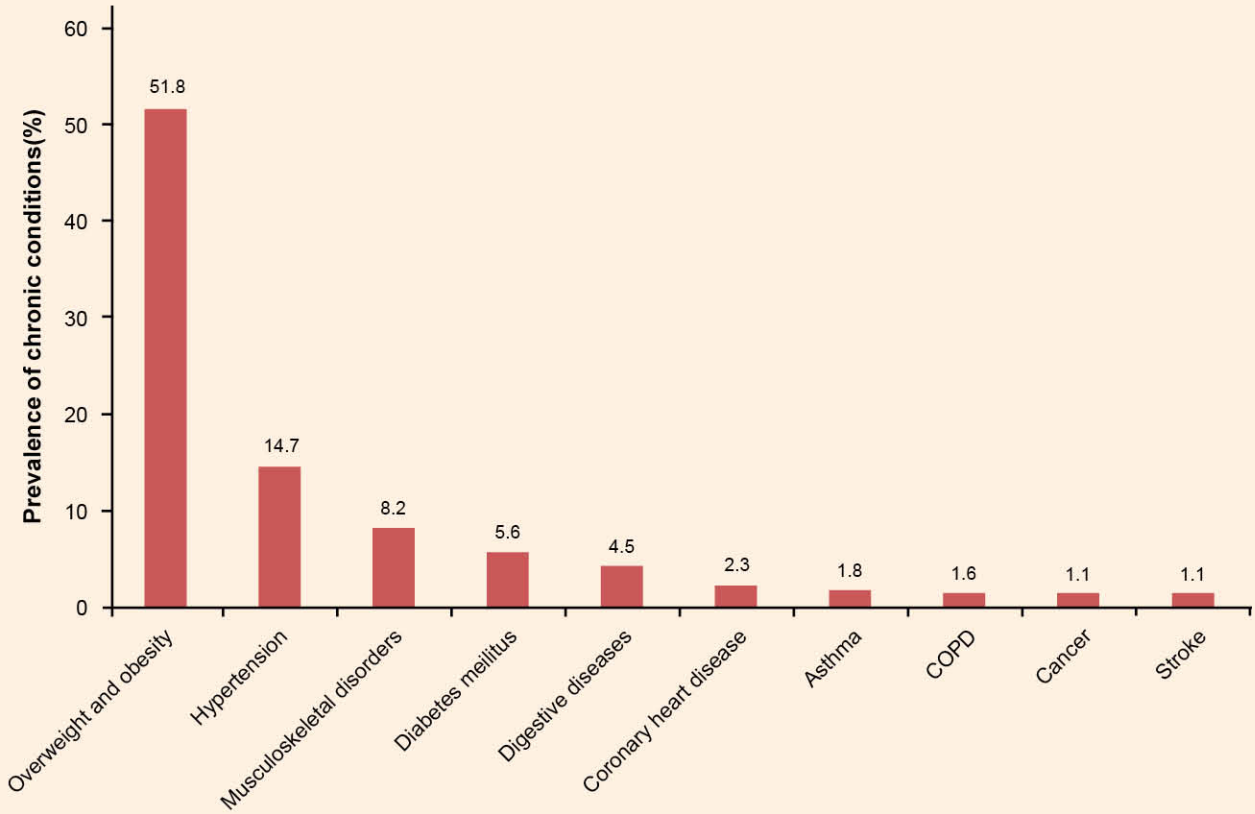
1. Smith WC, Lee AJ, Crombie IK, Tunstall-Pedoe H. Control of blood pressure in Scotland: the rule of halves. *BMJ*. Apr 14 1990;300(6730):981-983.

2.3 Self-reported health conditions

Summary

Prevalence	Females	Males	Total
	%	%	%
Top ten most frequently reported acute health conditions in the past one month			
o Low back pain	39.5	30.1	35.2
o Joint pain	35.8	29.3	32.8
o Common cold	27.4	26.3	26.9
o Neck pain	27.4	18.5	23.4
o Numbness or weakness in limbs	19.3	11.7	15.8
o Dizziness	20.5	7.8	14.7
o Trouble with teeth, mouth or gums	13.5	12.8	13.2
o Trouble with allergies	13.4	10.6	12.1
o Eye problems	12.2	10.8	11.6
o Stomach ache	13.6	7.1	10.7
Major chronic health conditions			
o Overweight and obesity (BMI≥23)	46.0	60.7	52.7
o Hypertension	14.4	15.1	14.7
o Musculo-skeletal disorders	9.5	6.7	8.2
o Diabetes mellitus	5.4	5.8	5.6
o Digestive diseases	4.3	4.7	4.5
o Coronary heart diseases	2.0	2.8	2.3
o Asthma	1.5	2.1	1.8
o COPD	1.7	1.6	1.6
o Cancer	1.2	0.9	1.1
o Stroke	0.8	1.4	1.1
o Self-perceived oral health (bad or very bad)	12.0	12.8	12.3
Multiple co-morbidities			
o Two	10.6	10.7	10.6
o Three	5.0	4.5	4.8
o Four and more	3.9	3.0	3.5

Figure 2.3a: Prevalence of chronic conditions in FAMILY Cohort (N=16,039).



2.3.1 Self-reported chronic conditions

The FAMILY Cohort questionnaire included an extensive list of questions on chronic and acute health conditions diagnosed by a Western medical practitioner. The list of chronic conditions was produced by a panel of experts with knowledge of the medical conditions common in Hong Kong. A similar list was used in the Hong Kong Population Health Survey (PHS) in 2004 and the Hong Kong Thematic Household Survey (2009-2010).

Asthma

Asthma is an inflammatory disorder of small airways in the lungs, which results in obstruction of the airways leading to wheezing, shortness of breath, chest tightness and coughing. Overall, 1.8% of participants reported having been diagnosed with asthma by a Western medical practitioner (Table 2.3.1a). Males reported a slightly higher prevalence of asthma than females (2.1% versus 1.5%) (Table 2.3.1a). Participants aged 20-24 (0.4%) reported the lowest prevalence of asthma and those of 75 and above reported the highest (3.2%) (Table 2.3.1b).

Table 2.3.1a: Prevalence of asthma, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Asthma	135	1.5	156	2.1	291	1.8
No asthma	8,588	98.4	7,153	97.8	15,740	98.1
Missing	4	0.1	3	0.0	7	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.3.1b: Prevalence of asthma: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Asthma	50 (0.4%)	56 (2.2%)	65 (1.9%)	45 (1.1%)	20 (0.8%)	18 (1.6%)	35 (3.2%)	291 (1.8%)
No asthma	1,217 (96.0%)	2,479 (97.7%)	3,314 (98.0%)	4,021 (98.8%)	2,487 (99.1%)	1,164 (98.4%)	1,059 (96.8%)	15,740 (98.1%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Chronic obstructive pulmonary diseases

Chronic obstructive pulmonary disease (COPD) is the occurrence of chronic bronchitis or emphysema and is characterised by an obstruction of the airways that is not fully reversible. Overall, 1.6% of participants reported having been diagnosed with COPD (Table 2.3.1c). There was no apparent difference between males and females (Table 2.3.1c). The prevalence of COPD increased with age, from 1.0% in participants aged 20-24 to 3.5% in those aged 75 and above (Table 2.3.1d).

Table 2.3.1c: Prevalence of COPD, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
COPD	145	1.7	118	1.6	262	1.6
No COPD	8,578	98.3	7,191	98.4	15,769	98.3
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.3.1d: Prevalence of COPD: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
COPD	13 (1.0%)	31 (1.2%)	60 (1.8%)	65 (1.6%)	29 (1.2%)	26 (2.2%)	38 (3.5%)	262 (1.6%)
No COPD	1,255 (99.0%)	2,504 (98.7%)	3,318 (98.2%)	4,001 (98.3%)	2,479 (98.8%)	1,157 (97.8%)	1,056 (96.5%)	15,769 (98.3%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Coronary heart disease

Coronary heart disease (CHD) is the narrowing or blockage of the coronary arteries that supply blood to the heart. In general, 2.3% of participants reported having been diagnosed with CHD by a Western medical practitioner (Table 2.3.1e), males having a slightly higher prevalence than females (2.8 % versus 2.0%). Prevalence increased with age, from 0.6% in participants aged 25-34 to 11.1% in those aged 75 and above (Table 2.3.1f).

Table 2.3.1e: Prevalence of coronary heart disease, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
CHD	174	2.0	202	2.8	376	2.3
No CHD	8,549	98.0	7,107	97.2	15,656	97.6
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.3.1f: Prevalence of coronary heart disease: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
CHD	0 (0.0%)	14 (0.6%)	15 (0.5%)	49 (1.2%)	82 (3.3%)	94 (7.9%)	121 (11.1%)	376 (2.3%)
No CHD	1,267 (100%)	2,521 (99.4%)	3,363 (99.5%)	4,017 (98.8%)	2,425 (96.6%)	1,089 (92.1%)	973 (88.9%)	15,656 (97.6%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Stroke

Stroke, or cerebro-vascular disease, is caused by blockage or rupture of blood vessels in the brain, leading to insufficient oxygen being supplied to the brain and damage to brain cells. As a result, abilities controlled by that area of the brain are lost, including speech, movement and memory. A total of 1.1% of participants reported having been diagnosed with stroke by a Western medical practitioner, males reporting higher prevalence than females (1.4% versus 0.8%) (Table 2.3.1g). The prevalence of stroke increased substantially from 0.1% in participants aged 20-24 to 6.5% in those aged 75 and above (Table 2.3.1h).

Table 2.3.1g: Prevalence of stroke, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Stroke	71	0.8	102	1.4	173	1.1
No stroke	8,652	99.1	7,207	98.6	15,859	98.9
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.3.1h: Prevalence of stroke: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Stroke	1 (0.1%)	0 (0.0%)	4 (0.1%)	15 (0.4%)	29 (1.2%)	53 (4.5%)	71 (6.5%)	173 (1.1%)
No stroke	1,267 (99.9%)	2,536 (100%)	3,374 (99.8%)	4,051 (99.6%)	2,478 (98.8%)	1,130 (95.5%)	1,023 (93.5%)	15,859 (98.9%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Diabetes mellitus

Diabetes mellitus is characterised by high blood glucose levels due to either insulin deficiency or insulin resistance. Overall, 5.6% of participants reported having been diagnosed with diabetes, 5.4% in females and 5.8% in males (Table 2.3.1i). The prevalence increased with age, from 0.9% in those aged 20 to 34 to 20.0% in those aged 75 and above (Table 2.3.1j).

Table 2.3.1i: Prevalence of self-reported diabetes mellitus, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Diabetes mellitus	475	5.4	423	5.8	898	5.6
No diabetes mellitus	8,248	94.5	6,886	94.2	15,134	94.4
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.3.1j: Prevalence of self-reported diabetes mellitus: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Diabetes mellitus	11 (0.9%)	11 (0.5%)	42 (1.2%)	195 (4.8%)	208 (8.3%)	212 (17.9%)	219 (20.0%)	898 (5.6%)
No diabetes mellitus	1,257 (99.1%)	2,524 (99.5%)	3,336 (98.7%)	3,871 (95.2%)	2,300 (91.6%)	971 (82.1%)	875 (80.0%)	15,134 (94.4%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100.0%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Among the 898 participants with diagnosed diabetes, 35.1% were not taking any oral hypoglycemic medication, 63.6% were taking Western medication only, 0.3% Chinese medication only, and 1.0% both (Table 2.3.1k). Among the participants receiving anti-diabetic medication, 6.1% were apparently unaware of their diabetes diagnosis (Table 2.3.1l). Among those diagnosed with diabetes mellitus and prescribed Western medication, 94.4% were taking oral hypoglycemic agents only, 1.5% were receiving insulin injections only, and 4.1% both (Table 2.3.1m).

Table 2.3.1k: Those with self-reported diabetes mellitus taking oral hypoglycemic agents, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Taking oral hypoglycemic agents						
Western	298	62.6	273	64.6	571	63.6
Chinese	0	0.0	3	0.7	3	0.3
Both	5	1.0	4	1.0	9	1.0
Not taking oral hypoglycemic agents	173	36.4	142	33.7	315	35.1
Total	475	100	423	100	898	100

Base: Participants reporting diagnosis of diabetes mellitus by a Western medical practitioner.

Table 2.3.1l: Awareness of diabetes mellitus diagnosis, by anti-diabetic treatment

	Western medication	
	No. of persons	%
Self-reported doctor-diagnosed	571	93.9
No self-reported doctor-diagnosed	37	6.1
Total	608	100

Base: Participants receiving anti-diabetic medication

Table 2.3.1m: Anti-diabetic treatment, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Anti-diabetic treatment						
Oral agents	283	93.5	265	95.3	547	94.4
Insulin	4	1.3	5	1.8	9	1.5
Both	16	5.2	8	2.9	24	4.1
Total	302	100	278	100	580	100

Base: Participants reporting diagnosis of diabetes mellitus by a Western medical practitioner and taking Western medication.

Digestive diseases

Common digestive disorders assessed included stomach, intestinal and liver disease. In general, 4.5% of participants reported having had digestive diseases (Table 2.3.1n), with males having a higher prevalence than females (4.7% versus 4.3%). Females were more likely to have stomach and intestinal disease, while males had a higher prevalence of liver disease. The overall prevalence of digestive disease increased with age, from 2.1% in participants aged 20-24 to a peak of 5.8% in those aged 45-54, and then dropping to 3.7% in those aged 75 and above (Table 2.3.1o).

Table 2.3.1n: Prevalence of digestive diseases, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes [#]	372	4.3	344	4.7	717	4.5
Stomach and/or intestinal disease(e.g. gastric ulcer)	249	2.9	163	2.2	413	2.6
Liver disease(e.g. hepatitis B or C, cirrhosis)	141	1.6	192	2.6	333	2.1
No	8,350	95.7	6,965	95.3	15,315	95.5
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

[#] 'Yes' includes participants with both kinds of digestive disease; their number may therefore not be equal to the total number of all digestive diseases.

Table 2.3.1o: Prevalence of digestive diseases: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes [#]	27 (2.1%)	76 (3.0%)	147 (4.4%)	236 (5.8%)	127 (5.1%)	63 (5.3%)	40 (3.7%)	717 (4.5%)
Stomach & intestinal disease(e.g. gastric ulcer)	11 (0.8%)	40 (1.6%)	74 (2.2%)	130 (3.2%)	69 (2.8%)	51 (4.3%)	37 (3.4%)	413 (2.6%)
Liver disease(e.g. hepatitis B or C, cirrhosis)	16 (1.3%)	38 (1.5%)	78 (2.3%)	116 (2.8%)	63 (2.5%)	19 (1.6%)	4 (0.4%)	333 (2.1%)
No	1,241 (97.9%)	2,460 (96.9%)	3,231 (95.6%)	3,830 (94.1%)	2,380 (94.9%)	1,120 (94.7%)	1,054 (96.3%)	15,315 (95.5%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

[#] 'Yes' includes participants with both kinds of digestive disease; their number may therefore not be equal to the total number of all digestive diseases.

Musculo-skeletal disorders

Musculo-skeletal disorders can affect muscles, joints, tendons, ligaments and nerves. In the FAMILY Cohort, arthritis, rheumatism, low back pain, gout or high uric acid and osteoporosis were categorised as musculo-skeletal disorders. Overall, 8.2% of participants reported having been diagnosed with such disorders (Table 2.3.1p), females having a higher prevalence than males (9.5% versus 6.7%). Females were more likely to have arthritis, rheumatism, low back pain or osteoporosis, while males had a higher prevalence of gout or high uric acid than females. The prevalence of overall musculo-skeletal disorders appeared to increase with age, from 1.8% in participants aged 20-24 to 19.8% in those aged 65-74, but reducing to 17.7% in those aged 75 and above (Table 2.3.1q).

Table 2.3.1p: Prevalence of musculo-skeletal diseases, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes@	829	9.5	492	6.7	1321	8.2
Arthritis, rheumatism	386	4.4	192	2.6	578	3.6
Low back pain	338	3.9	167	2.3	504	3.1
Gout, high uric acid	59	0.7	165	2.3	223	1.4
Osteoporosis	169	1.9	35	0.5	204	1.3
No	7,894	90.5	6,817	93.2	14,711	91.7
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

@ 'Yes' includes participants with more than one kind of musculoskeletal diseases; their number may therefore not be equal to the total number of all musculoskeletal diseases.

Table 2.3.1q Prevalence of musculo-skeletal disorders: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes@	23 (1.8%)	82 (3.2%)	156 (4.6%)	348 (8.6%)	285 (11.4%)	234 (19.8%)	193 (17.7%)	1,321 (8.2%)
Arthritis, rheumatism	3 (0.3%)	24 (1.0%)	50 (1.5%)	133 (3.3%)	149 (5.9%)	98 (8.3%)	120 (10.9%)	578 (3.6%)
Low back pain	9 (0.7%)	50 (2.0%)	92 (2.7%)	119 (2.9%)	87 (3.5%)	69 (5.8%)	78 (7.1%)	504 (3.1%)
Gout, high uric acid	2 (0.1%)	3 (0.1%)	16 (0.5%)	44 (1.1%)	57 (2.3%)	58 (4.9%)	43 (4.0%)	223 (1.4%)
Osteoporosis	3 (0.2%)	1 (0.0%)	14 (0.4%)	46 (1.1%)	46 (1.8%)	46 (3.9%)	48 (4.4%)	204 (1.3%)
No	1,244 (98.2%)	2,454 (96.7%)	3,223 (95.3%)	3,718 (91.4%)	2,222 (88.5%)	949 (80.2%)	901 (82.3%)	14,711 (91.7%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

@ 'Yes' includes participants with more than one kind of musculoskeletal diseases; their number may therefore not be equal to the total number of all musculoskeletal diseases.

Cancer

Cancer is characterised by the uncontrolled proliferation of abnormal cells. Overall, 1.1% of participants reported having been diagnosed with cancer (Table 2.3.1r), females reporting a slightly higher prevalence than males (1.2 % versus 0.9%). The prevalence of cancer generally increased with age, 0.1% of participants aged 20-24 being diagnosed with cancer, with those aged 75 and above reporting the highest prevalence (2.7%) (Table 2.3.1s).

Table 2.3.1r: Prevalence of cancer, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Cancer	102	1.2	67	0.9	169	1.1
No cancer	8,621	98.8	7,242	99.0	15,862	98.9
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.3.1s: Prevalence of cancer: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Cancer	1 (0.1%)	7 (0.3%)	11 (0.3%)	54 (1.3%)	43 (1.7%)	24 (2.0%)	30 (2.7%)	169 (1.1%)
No cancer	1,267 (99.9%)	2,529 (99.7%)	3,367 (99.6%)	4,012 (98.6%)	2,464 (98.2%)	1,159 (98.0%)	1,064 (97.3%)	15,862 (98.9%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Other chronic conditions

In addition to the chronic conditions mentioned above, participants were asked if they had any other diseases. Among participants, 8.0% had diseases of the ear/nose/throat, 4.7% of the eye and 0.9% of the circulatory system (excluding CHD) (Table 2.3.1t). Females were more likely to have diseases of the eye, blood diseases and endocrine and metabolic diseases, while males had a higher prevalence of diseases of the ear/nose/throat, circulatory system (excluding CHD), skin, nervous system or kidney diseases, and complications from previous injury than females (Table 2.3.1t).

Table 2.3.1t: Prevalence of other chronic conditions, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Diseases of the ear/nose/throat (e.g. sinusitis, allergic rhinitis, severe hearing loss, tinnitus)	663	7.6	615	8.4	1,279	8.0
Diseases of the eye (e.g. glaucoma, cataract, retinopathy, macular degeneration, blindness)	422	4.8	338	4.6	760	4.7
Diseases of the blood						
Anaemia	295	3.4	52	0.7	347	2.2
Congenital blood disease (e.g. thalassaemia , haemophilia)	135	1.5	64	0.9	199	1.2
Immune disease	23	0.3	13	0.2	36	0.2
Others	16	0.2	8	0.1	24	0.2
Skin disease (e.g. eczema, psoriasis)	270	3.1	264	3.6	534	3.3
Endocrine & metabolic diseases						
Thyroid disease	351	4.0	79	1.1	430	2.7
Others	35	0.4	13	0.2	48	0.3
Diseases of circulatory system (excluding CHD)	59	0.7	82	1.1	141	0.9
Kidney disease/complications of previous injury						
Kidney disease (e.g. kidney failure, nephritis, nephrosis, requiring dialysis)	55	0.6	52	0.7	108	0.7
Complications of previous injury (e.g. loss of limb function)	2	0.0	3	0.0	6	0.0
Others	32	0.4	27	0.4	59	0.4
Respiratory diseases (excluding COPD)						
Tuberculosis	28	0.4	29	0.4	57	0.4
Others	37	0.4	31	0.4	69	0.4
Nervous system diseases						
Epilepsy	11	0.1	10	0.1	21	0.1
Parkinson's	10	0.1	14	0.2	25	0.2
Others	9	0.1	5	0.1	15	0.1

Self-perceived oral health

Perceived oral health was assessed by means of the question: 'How do you think your oral health?'. Over a third (35.6%) of participants reported having 'good' (34.2%) or 'very good' (1.4%) oral health. Over half (51.5%) of the participants considered their oral health to be 'average'. More females than males (38.1% versus 32.7%) considered their oral health to be 'good' or 'very good' (Table 2.3.1u). Older participants were less likely to perceive a 'good' or 'very good' oral health status than their younger counterparts (Table 2.3.1v), and those of 75 and above were least likely to report 'good' or 'very good' oral health.

Table 2.3.1u: Self-perceived oral health, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Very good	157	1.8	74	1.0	231	1.4
Good	3,169	36.3	2,319	31.7	5,488	34.2
Average	4,316	49.5	3,940	53.9	8,256	51.5
Bad	949	10.9	881	12.0	1,830	11.4
Very bad	93	1.1	59	0.8	152	0.9
Don't know	14	0.2	13	0.2	27	0.2
Decline to answer	0	0.0	0	0.0	0	0.0
Missing	29	0.3	25	0.3	54	0.3
Total	8,727	100	7,312	100	16,039	100

Table 2.3.1v: Self-perceived oral health: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Very good	15 (1.2%)	42 (1.7%)	59 (1.8%)	52 (1.3%)	38 (1.5%)	21 (1.8%)	3 (0.3%)	231 (1.4%)
Good	467 (36.9%)	938 (37.0%)	1,235 (36.5%)	1,440 (35.4%)	813 (32.4%)	328 (27.7%)	267 (24.4%)	5,488 (34.2%)
Average	678 (53.5%)	1,353 (53.4%)	1,740 (51.5%)	2,084 (51.2%)	1,239 (49.4%)	602 (50.9%)	560 (51.2%)	8,256 (51.5%)
Bad	93 (7.3%)	180 (7.1%)	306 (9.1%)	434 (10.7%)	379 (15.1%)	203 (17.2%)	235 (21.5%)	1,830 (11.4%)
Very bad	10 (0.8%)	12 (0.5%)	24 (0.7%)	37 (0.9%)	29 (1.1%)	18 (1.5%)	23 (2.1%)	152 (0.9%)
Don't know	2 (0.1%)	6 (0.2%)	3 (0.1%)	6 (0.1%)	4 (0.1%)	5 (0.4%)	3 (0.2%)	27 (0.2%)
Decline to answer	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	2 (0.2%)	5 (0.2%)	14 (0.4%)	15 (0.4%)	9 (0.4%)	5 (0.5%)	4 (0.3%)	54 (0.3%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

The proportion of self perceived 'good' or 'very good' oral health tended to increase in line with monthly household income (Table 2.3.1w). Participants with a monthly household income over $40,000 reported the highest prevalence of 'good' or 'very good' oral health (42.5%) while participants with a monthly household income of less than $5,000 (28.4%) or $5,000-$9,999 (28.3%) reported the lowest prevalence.

Table 2.3.1w: Self-perceived oral health: number of persons (%) by monthly household income (HK$)

	<$5,000	$5,000-$9,999	$10,000-$14,999	$15,000-$19,999	$20,000-$24,999	$25,000-$29,999	$30,000-$39,999	≥$40,000
Very good	15 (1.5%)	8 (0.6%)	20 (0.7%)	5 (0.5%)	13 (1.2%)	12 (1.9%)	49 (2.3%)	68 (1.8%)
Good	260 (26.9%)	338 (27.7%)	938 (30.7%)	314 (31.5%)	369 (35.7%)	192 (31.0%)	744 (34.2%)	1,533 (40.7%)
Average	474 (49.1%)	659 (54.1%)	1,599 (52.4%)	525 (52.6%)	543 (52.5%)	334 (54.0%)	1,149 (52.9%)	1,865 (49.6%)
Bad	181 (18.7%)	184 (15.1%)	423 (13.8%)	138 (13.9%)	95 (9.2%)	70 (11.4%)	216 (10.0%)	279 (7.4%)
Very bad	23 (2.4%)	20 (1.6%)	43 (1.4%)	8 (0.8%)	10 (1.0%)	8 (1.4%)	14 (0.7%)	8 (0.2%)
Don't know	7 (0.7%)	3 (0.2%)	7 (0.2%)	0 (0.0%)	1 (0.2%)	1 (0.2%)	0 (0.0%)	5 (0.1%)
Decline to answer	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0.0%)	0 (0%)	0 (0.0%)	0 (0%)
Missing	7 (0.7%)	9 (0.7%)	22 (0.7%)	6 (0.6%)	2 (0.2%)	1 (0.2%)	0 (0.0%)	6 (0.2%)
Total	967 (100%)	1,218 (100%)	3,053 (100%)	998 (100%)	1,034 (100%)	619 (100%)	2,172 (100%)	3,764 (100%)

Multiple co-morbidities

Over half (55.8%) of the participants had not been diagnosed with any of the above chronic conditions. The prevalence of those with one, two, three or four and more chronic conditions were 25.2%, 10.6%, 4.8% and 3.5%, respectively. More females reported having two and more chronic conditions than males (19.5% versus 18.2%). The number of chronic conditions increased with age. Participant aged 75 and above reported having the highest prevalence of multiple chronic conditions (21.6% two, 15.2% three and 14.1% four and more conditions), while those aged 20-24 had the lowest (4.5% two, 1.1% three and 0.3% four and more conditions).

Table 2.3.1x: Multiple chronic conditions, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	4,821	55.2	4,133	56.5	8,954	55.8
One	2,204	25.3	1,840	25.2	4,044	25.2
Two	921	10.6	783	10.7	1,704	10.6
Three	438	5.0	330	4.5	769	4.8
Four and more	339	3.9	222	3.0	561	3.5
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.3.1y: Multiple chronic conditions: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	981 (77.4%)	1,847 (72.8%)	2,293 (67.8%)	2,198 (54.0%)	1,077 (42.9%)	329 (27.8%)	229 (20.9%)	8,954 (55.8%)
One	211 (16.7%)	516 (20.3%)	750 (22.2%)	1,160 (28.5%)	782 (31.2%)	316 (26.7%)	309 (28.2%)	4,044 (25.2%)
Two	57 (4.5%)	139 (5.5%)	227 (6.7%)	430 (10.6%)	368 (14.7%)	247 (20.8%)	237 (21.6%)	1,704 (10.6%)
Three	14 (1.1%)	21 (0.8%)	72 (2.1%)	173 (4.3%)	171 (6.8%)	152 (12.9%)	166 (15.2%)	769 (4.8%)
Four and more	4 (0.3%)	12 (0.5%)	37 (1.1%)	105 (2.6%)	109 (4.3%)	139 (11.8%)	154 (14.1%)	561 (3.5%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

2.3.2 Self-reported acute conditions

Self-reported acute conditions were assessed by means of the question: 'Have you experienced any of the following symptoms or health problems in the past one month?' Among the 26 acute health conditions listed, lower back pain (35.2%), joint pain (32.8%) and the common cold (26.9%) were the three most frequently reported problems encountered in the month prior to the study. Females were more likely to have acute conditions than males (Table 2.3.2a) and 13.4% of females aged 20-64 (n = 7,540) reported menstrual pain in the past one month.

Table 2.3.2a Presence of an acute health condition in the month prior to the survey, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Low back pain	3,444	39.5	2,202	30.1	5,646	35.2
Joint pain	3,124	35.8	2,141	29.3	5,265	32.8
Common cold	2,388	27.4	1,921	26.3	4,310	26.9
Neck pain	2,390	27.4	1,356	18.5	3,746	23.4
Numbness or weakness in limbs	1,684	19.3	856	11.7	2,540	15.8
Dizziness	1,791	20.5	569	7.8	2,360	14.7
Trouble with teeth, mouth or gums	1,180	13.5	936	12.8	2,116	13.2
Trouble with allergies	1,173	13.4	775	10.6	1,948	12.1
Eye problems	1,062	12.2	793	10.8	1,854	11.6
Stomach ache	1,189	13.6	521	7.1	1,710	10.7
Abdominal pain	1,040	11.9	624	8.5	1,664	10.4
Frequent headache	1,110	12.7	359	4.9	1,469	9.2
Constipation	908	10.4	410	5.6	1,318	8.2
Diarrhoea	696	8.0	549	7.5	1,245	7.8
Persistent cough or wheezing	608	7.0	516	7.1	1,125	7.0
Swollen joints	698	8.0	417	5.7	1,114	6.9
Chest pain	633	7.3	380	5.2	1,013	6.3
Ear problems	531	6.1	447	6.1	978	6.1
Rapid/irregular heartbeat	638	7.3	280	3.8	918	5.7
Shortness of breath	360	4.1	229	3.1	589	3.7
Nausea	335	3.8	114	1.6	450	2.7
Abdominal cramps	290	3.3	138	1.9	428	2.8
Vomiting	242	2.8	78	1.1	321	2.0
Asthmatic attack	119	1.4	81	1.1	200	1.2
Fainting or loss of consciousness	66	0.8	25	0.3	91	0.6
Menstrual pain	1,169	13.4	N.A.	N.A.	N.A.	N.A.

2.4 Lifestyle

2.4.1 Diet

Having a well-balanced diet is an important part of maintaining good health. Dietary guidelines (Department of Health 2008,[1] FSA 2006,[2] USDA 2011,[3] WHO 2004[4]) recommend that a balanced diet should be rich in fruit and vegetables with a moderate amount of meat. The FAMILY Cohort interviewed participants on their eating habits over the past one month, asking how often and in what quantity they consumed fruit, vegetables, meat, fish and other foods.

Consumption of fruit and vegetables

Diets rich in fruit and vegetables are associated with lower risk of major non-communicable diseases, including coronary heart disease, Type II diabetes and a range of cancers. The WHO (2004) recommends a minimum of five servings of fruit and vegetables a day. Other health agencies such as Health Canada (2012) suggest a daily intake of at least seven.[5] In the FAMILY Cohort, one serving of fruit is defined as two small-sized fruit (e.g. kiwi fruit), one medium-sized fruit (e.g. apple, orange), or half a large-sized fruit (e.g. banana, dragon fruit). One serving of vegetables is defined as half a rice bowl of cooked vegetables. These definitions were adopted from WHO recommendations (2004) on fruit and vegetable serving sizes.[6]

Consumption of fruit

61.3% of participants consumed fruit daily. More females (65.7%) than males (56.1%) reported daily fruit consumption (Table 2.4.1a), which increased with age, the lowest consumption being among those aged 20-24 (45.4%) and the highest among those aged 65-74 (73.5%), the proportion then dropping slightly to 68.6% among those aged 75 and above (Table 2.4.1b).

Table 2.4.1a: Consumption of fruit in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	57	0.7	94	1.3	150	0.9
Less than once a month	61	0.7	87	1.2	148	0.9
1-3 times a month	274	3.1	391	5.3	665	4.1
1-3 times a week	1,584	18.2	1,769	24.2	3,353	20.9
4-6 times a week	1,013	11.6	865	11.8	1,878	11.7
Daily	5,731	65.7	4,103	56.1	9,834	61.3
Missing	6	0.1	3	0.0	9	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1b: Consumption of fruit in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	14 (1.1%)	28 (1.1%)	19 (0.6%)	27 (0.7%)	26 (1.0%)	15 (1.3%)	20 (1.9%)	150 (0.9%)
Less than once a month	16 (1.3%)	15 (0.6%)	25 (0.8%)	24 (0.6%)	29 (1.2%)	15 (1.2%)	23 (2.1%)	148 (0.9%)
1-3 times a month	78 (6.2%)	157 (6.2%)	139 (4.1%)	135 (3.3%)	87 (3.5%)	35 (2.9%)	34 (3.1%)	665 (4.1%)
1-3 times a week	371 (29.3%)	730 (28.8%)	851 (25.2%)	732 (18.0%)	352 (14.0%)	142 (12.0%)	175 (16.0%)	3,353 (20.9%)
4-6 times a week	212 (16.7%)	369 (14.5%)	433 (12.8%)	449 (11.0%)	219 (8.7%)	107 (9.0%)	91 (8.3%)	1,878 (11.7%)
Daily	576 (45.4%)	1,236 (48.7%)	1,910 (56.5%)	2,698 (66.3%)	1,794 (71.5%)	869 (73.5%)	751 (68.6%)	9,834 (61.3%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	3 (0.1%)	0(0.0%)	0 (0.0%)	9 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

9.4% of participants reported that they consumed at least two servings of fruit a day, whereas 50.4% consumed at least one but fewer than two and 40.1% less than one. Slightly more females (10.5%) than males (8.3%) consumed at least two servings a day, 44.0% of males and 36.8% of females having less than one (Table 2.4.1c). The proportion of individuals reporting desirable consumption levels (two servings and above) increased with age, from a low of 5.4% among those aged 20-24 to a high of 12.1% among those aged 45-54, the proportion then declined to 6.4% among those aged 75 and above (Table 2.4.1d).

Table 2.4.1c: Number of daily servings of fruit consumed in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Fewer than 1	3,210	36.8	3,218	44.0	6,428	40.1
1 or more but fewer than 2	4,597	52.7	3,482	47.6	8,079	50.4
2 or more but fewer than 3	828	9.5	524	7.2	1,351	8.4
3 and above	86	1.0	79	1.1	165	1.0
Missing	7	0.1	9	0.1	16	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1d: Number of daily servings of fruit consumed in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Fewer than 1	676 (53.4%)	1,282 (50.5%)	1,497 (44.3%)	1,424 (35.0%)	756 (30.1%)	379 (32.1%)	413 (37.7%)	6,428 (40.1%)
1 or more but fewer than 2	521 (41.1%)	1,039 (40.9%)	1,585 (46.9%)	2,149 (52.8%)	1,491 (59.4%)	682 (57.7%)	612 (55.9%)	8,079 (50.4%)
2 or more but fewer than 3	63 (4.9%)	179 (7.1%)	262 (7.7%)	446 (11.0%)	230 (9.2%)	109 (9.2%)	63 (5.7%)	1,351 (8.4%)
3 and above	7 (0.5%)	34 (1.3%)	33 (1.0%)	44 (1.1%)	28 (1.1%)	12 (1.0%)	7 (0.7%)	165 (1.0%)
Missing	0 (0.0%)	4 (0.1%)	3 (0.1%)	5 (0.1%)	5 (0.2%)	0 (0.0%)	0 (0.0%)	16 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Consumption of vegetables

86.7% of participants consumed cooked vegetables daily, 89.0% of females and 84.0% of males (Table 2.4.1e). The proportion reporting daily consumption increased with age, from a low of 73.0% among those aged 20-24 to a high of 93.9% among those aged 65-74. The proportion then somewhat declined, to 91.9% among those aged 75 and above (Table 2.4.1f).

Table 2.4.1e: Consumption of fresh vegetables (cooked) in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	9	0.1	16	0.2	25	0.2
Less than once a month	5	0.1	21	0.3	26	0.2
1-3 times a month	29	0.3	50	0.7	79	0.5
1-3 times a week	384	4.4	505	6.9	888	5.5
4-6 times a week	525	6.0	576	7.9	1,101	6.9
Daily	7,770	89.0	6,142	84.0	13,912	86.7
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1f: Consumption of fresh vegetables (cooked) in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	2 (0.1%)	2 (0.1%)	2 (0.1%)	7 (0.2%)	2 (0.1%)	5 (0.4%)	4 (0.4%)	25 (0.2%)
Less than once a month	3 (0.2%)	2 (0.1%)	3 (0.1%)	8 (0.2%)	5 (0.2%)	2 (0.2%)	2 (0.2%)	26 (0.2%)
1-3 times a month	16 (1.2%)	15 (0.6%)	11 (0.3%)	18 (0.5%)	10 (0.4%)	2 (0.2%)	6 (0.5%)	79 (0.5%)
1-3 times a week	146 (11.5%)	249 (9.8%)	194 (5.8%)	160 (3.9%)	78 (3.1%)	29 (2.5%)	32 (2.9%)	888 (5.5%)
4-6 times a week	176 (13.9%)	273 (10.8%)	277 (8.2%)	215 (5.3%)	82 (3.3%)	33 (2.8%)	45 (4.1%)	1,101 (6.9%)
Daily	926 (73.0%)	1,994 (78.6%)	2,889 (85.5%)	3,657 (89.9%)	2,330 (92.9%)	1,111 (93.9%)	1,005 (91.9%)	13,912 (86.7%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

About two thirds of the participants did not eat raw vegetables at all or did so less than once a month. There was no apparent difference between males and females (Table 2.4.1g), but the proportion eating raw vegetables decreased with age, suggesting that salad or other raw vegetables are more popular among younger people (Table 2.4.1h).

Table 2.4.1g: Consumption of fresh vegetables (raw) in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	3,659	41.9	3,171	43.4	6,830	42.6
Less than once a month	1,891	21.7	1,678	22.9	3,568	22.2
1-3 times a month	2,072	23.7	1,627	22.2	3,698	23.1
1-3 times a week	889	10.2	695	9.5	1,583	9.9
4-6 times a week	92	1.1	54	0.7	146	0.9
Daily	120	1.4	85	1.2	205	1.3
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1h: Consumption of fresh vegetables (raw) in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	370 (29.2%)	812 (32.0%)	1,166 (34.5%)	1,706 (41.9%)	1,278 (50.9%)	702 (59.3%)	798 (72.9%)	6,830 (42.6%)
Less than once a month	241 (19.0%)	439 (17.3%)	769 (22.8%)	987 (24.3%)	668 (26.6%)	279 (23.6%)	184 (16.8%)	3,568 (22.2%)
1-3 times a month	366 (28.9%)	810 (31.9%)	914 (27.0%)	953 (23.4%)	420 (16.7%)	155 (13.1%)	81 (7.4%)	3,698 (23.1%)
1-3 times a week	241 (19.0%)	417 (16.5%)	416 (12.3%)	352 (8.7%)	113 (4.5%)	31 (2.6%)	12 (1.1%)	1,583 (9.9%)
4-6 times a week	25 (2.0%)	29 (1.1%)	39 (1.2%)	24 (0.6%)	12 (0.5%)	3 (0.3%)	14 (1.2%)	146 (0.9%)
Daily	23 (1.8%)	28 (1.1%)	74 (2.2%)	44 (1.1%)	17 (0.7%)	13 (1.1%)	6 (0.6%)	205 (1.3%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

About half of the participants did not eat root vegetables (e.g. potatoes, sweet potatoes, carrots) at all or did so less than once a month and 38.7% one to three times a month. There was no apparent difference between males and females (Table 2.4.1i) or across age groups, except that a slightly higher proportion of those aged 75 and above (59.1%) reported no consumption or less than once a month (Table 2.4.1j).

Table 2.4.1i: Consumption of fresh vegetables (root) in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	1,797	20.6	1,582	21.6	3,379	21.1
Less than once a month	2,454	28.1	2,080	28.4	4,533	28.3
1-3 times a month	3,386	38.8	2,817	38.5	6,204	38.7
1-3 times a week	1,011	11.6	778	10.6	1,789	11.2
4-6 times a week	43	0.5	35	0.5	78	0.5
Daily	30	0.3	17	0.2	47	0.3
Missing	5	0.1	3	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1j: Consumption of fresh vegetables (root) in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	275 (21.7%)	629 (24.8%)	638 (18.9%)	739 (18.2%)	499 (19.9%)	280 (23.7%)	319 (29.1%)	3,379 (21.1%)
Less than once a month	313 (24.7%)	627 (24.7%)	918 (27.1%)	1,203 (29.6%)	782 (31.2%)	362 (30.6%)	328 (30.0%)	4,533 (28.3%)
1-3 times a month	503 (39.7%)	1,005 (39.6%)	1,403 (41.5%)	1,585 (39.0%)	963 (38.4%)	400 (33.9%)	344 (31.5%)	6,204 (38.7%)
1-3 times a week	162 (12.7%)	252 (9.9%)	389 (11.5%)	510 (12.5%)	252 (10.1%)	132 (11.2%)	93 (8.5%)	1,789 (11.2%)
4-6 times a week	9 (0.7%)	20 (0.8%)	15 (0.5%)	20 (0.5%)	4 (0.2%)	5 (0.4%)	5 (0.5%)	78 (0.5%)
Daily	6 (0.5%)	3 (0.1%)	14 (0.4%)	9 (0.2%)	7 (0.3%)	3 (0.2%)	5 (0.5%)	47 (0.3%)
Missing	0 (0.0%)	2 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

In the FAMILY Cohort, one serving is defined as half a rice bowl of cooked vegetables, with one bowl therefore equalling approximately two servings (WHO 2004b). More than a quarter of participants reported that they consumed at least three servings of vegetables a day, while 43.3% had at least one but fewer than two and 15.4% less than one. More females (38.9%) than males (12.2%) had at least three servings a day, while 18.2% of males and 13.1% of females consumed less than one (Table 2.4.1k). The proportion of individuals reporting desirable consumption levels (three servings and above) was lowest among those aged 65-74 (23.0%) and 75 and above (17.9%) (Table 2.4.1l).

Table 2.4.1k: Number of daily servings of vegetables consumed in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Fewer than 1	1,141	13.1	1,330	18.2	2,472	15.4
1 or more but fewer than 2	3,854	44.2	3,098	42.4	6,952	43.3
2 or more but fewer than 3	302	3.5	1,988	27.2	2,290	14.3
3 or more but fewer than 4	2,770	31.7	421	5.8	3,192	19.9
4 and above	625	7.2	465	6.4	1,090	6.8
Missing	34	0.4	10	0.1	44	0.3
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1l: Number of daily servings of vegetables consumed in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Fewer than 1	256 (20.2%)	498 (19.7%)	497 (14.7%)	500 (12.3%)	284 (11.3%)	184 (15.6%)	252 (23.1%)	2,472 (15.4%)
1 or more but fewer than 2	512 (40.4%)	1,049 (41.4%)	1,420 (42.0%)	1,801 (44.3%)	1,121 (44.7%)	543 (45.9%)	507 (46.3%)	6,952 (43.3%)
2 or more but fewer than 3	148 (11.7%)	254 (10.0%)	453 (13.4%)	688 (16.9%)	429 (17.1%)	183 (15.5%)	136 (12.5%)	2,290 (14.3%)
3 or more but fewer than 4	258 (20.4%)	566 (22.3%)	768 (22.7%)	797 (19.6%)	484 (19.3%)	190 (16.1%)	129 (11.8%)	3,192 (19.9%)
4 and above	91 (7.2%)	167 (6.6%)	218 (6.4%)	276 (6.8%)	189 (7.5%)	82 (6.9%)	67 (6.1%)	1,090 (6.8%)
Missing	2 (0.2%)	2 (0.1%)	25 (0.7%)	7 (0.2%)	4 (0.2%)	0 (0.0%)	3 (0.3%)	44 (0.3%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Daily fruit and vegetable consumption

11.1% of participants reported that they consumed at least five servings of fruit and vegetables a day. More females (12.6%) than males (9.3%) reported desired levels of consumption (Table 2.4.1m). The proportion of participants reporting such levels was lowest among those aged 75 and above (7.4%) and highest among those aged 45-54 (12.5%) and 55-64 (12.1%) (Table2.4.1n). Inadequate consumption of fruit and vegetables in the general population, and particularly in the elderly, calls for attention.

Table 2.4.1m: Number of daily servings of fruit and vegetables consumed in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Fewer than 5	7,591	87.0	6,617	90.5	14,208	88.6
5 and above	1,100	12.6	679	9.3	1,780	11.1
Missing	36	0.4	16	0.2	52	0.3
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1n: Number of daily servings of fruit and vegetables consumed in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Fewer than 5	1,135 (89.5%)	2,263 (89.2%)	2,996 (88.6%)	3,550 (87.3%)	2,199 (87.6%)	1,056 (89.3%)	1,010 (92.3%)	14,208 (88.6%)
5 and above	130 (10.3%)	270 (10.6%)	359 (10.6%)	510 (12.5%)	303 (12.1%)	127 (10.7%)	81 (7.4%)	1,780 (11.1%)
Missing	2 (0.2%)	4 (0.1%)	25 (0.7%)	9 (0.2%)	8 (0.3%)	0 (0.0%)	3 (0.3%)	52 (0.3%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Consumption of tofu or other soya products

Tofu or other soya products are a good source of high-quality protein, vitamin-B, calcium and iron despite their low cost. Overall, over half of the participants reported consuming tofu or other soya products (except soya milk) at least once a week. There was no apparent difference between males and females (Table 2.4.1o). The proportion of participants reporting consumption at least once a week was lowest among those aged 65-74 (48.3%) and 75 and above (48.0%) (Table 2.4.1p).

Table 2.4.1o: Consumption of tofu or other soya products (except soya milk) in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	432	4.9	306	4.2	737	4.6
Less than once a month	558	6.4	473	6.5	1,032	6.4
1-3 times a month	3,089	35.4	2,653	36.3	5,741	35.8
1-3 times a week	3,915	44.9	3,377	46.2	7,292	45.5
4-6 times a week	539	6.2	369	5.0	908	5.7
Daily	189	2.2	131	1.8	321	2.0
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1p: Consumption of tofu or other soya products (except soya milk) in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	43 (3.4%)	116 (4.6%)	125 (3.7%)	131 (3.2%)	130 (5.2%)	90 (7.7%)	100 (9.2%)	737 (4.6%)
Less than once a month	72 (5.7%)	128 (5.0%)	203 (6.0%)	254 (6.3%)	175 (7.0%)	101 (8.5%)	99 (9.0%)	1,032 (6.4%)
1-3 times a month	413 (32.6%)	921 (36.3%)	1,222 (36.2%)	1,504 (37.0%)	893 (35.6%)	420 (35.5%)	369 (33.7%)	5,741 (35.8%)
1-3 times a week	596 (47.0%)	1,159 (45.7%)	1,616 (47.8%)	1,862 (45.8%)	1,131 (45.1%)	492 (41.6%)	436 (39.8%)	7,292 (45.5%)
4-6 times a week	105 (8.3%)	154 (6.1%)	153 (4.5%)	231 (5.7%)	140 (5.6%)	59 (5.0%)	66 (6.0%)	908 (5.7%)
Daily	38 (3.0%)	57 (2.3%)	58 (1.7%)	84 (2.1%)	39 (1.5%)	20 (1.7%)	24 (2.2%)	321 (2.0%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Nearly a quarter of participants reported consuming soya milk at least once a week, with no apparent difference between males and females (Table 2.4.1q). Examined across age groups, the proportion decreased with age, highest among those aged 20-24 (32.4%) and 25-34 (29.0%) and lowest among those aged 65-74 (16.9%) and 75 and above (12.4%) (Table 2.4.1r). In brief, the relatively low consumption of soya products among the elderly may be cause for concern about their probably low calcium intake.

Table 2.4.1q: Consumption of soya milk in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	2,055	23.5	1,662	22.7	3,717	23.2
Less than once a month	1,638	18.8	1,452	19.9	3,090	19.3
1-3 times a month	2,686	30.8	2,498	34.2	5,184	32.3
1-3 times a week	1,822	18.8	1,367	18.7	3,190	19.9
4-6 times a week	241	2.8	179	2.4	419	2.6
Daily	280	3.2	151	2.1	431	2.7
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1r: Consumption of soya milk in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	162 (12.8%)	372 (14.7%)	621 (18.4%)	816 (20.1%)	709 (28.2%)	468 (39.5%)	568 (51.9%)	3,717 (23.2%)
Less than once a month	211 (16.7%)	395 (15.6%)	590 (17.5%)	772 (19.0%)	595 (23.7%)	290 (24.6%)	237 (21.6%)	3,090 (19.3%)
1-3 times a month	483 (38.1%)	1,035 (40.8%)	1,155 (34.2%)	1,439 (35.4%)	697 (27.8%)	224 (18.9%)	152 (13.9%)	5,184 (32.3%)
1-3 times a week	305 (24.1%)	560 (22.1%)	836 (24.7%)	811 (19.9%)	407 (16.2%)	164 (13.8%)	107 (9.8%)	3,190 (19.9%)
4-6 times a week	46 (3.6%)	97 (3.8%)	95 (2.8%)	108 (2.6%)	49 (1.9%)	15 (1.3%)	10 (0.9%)	419 (2.6%)
Daily	60 (4.7%)	78 (3.1%)	81 (2.4%)	120 (2.9%)	52 (2.1%)	22 (1.8%)	19 (1.7%)	431 (2.7%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Consumption of milk and dairy products

Among all participants, a third did not consume milk at all, while 11.4% drank fresh or formula milk at least once a day, 13.8% of females and 8.6% of males (Table 2.4.1s). Daily consumption was highest (23.1%) among those aged 75 and above (Table 2.4.1t).

Table 2.4.1s: Consumption of fresh/formula milk in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	2,763	31.7	2,557	35.0	5,319	33.2
Less than once a month	1,405	16.1	1,628	22.3	3,033	18.9
1-3 times a month	1,416	16.2	1,261	17.2	2,677	16.7
1-3 times a week	1,606	18.4	1,031	14.1	2,637	16.4
4-6 times a week	327	3.8	203	2.8	530	3.3
Daily	1,205	13.8	629	8.6	1,834	11.4
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1t: Consumption of fresh/formula milk in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	235 (18.5%)	645 (25.4%)	1,065 (31.5%)	1,471 (36.2%)	986 (39.3%)	442 (37.3%)	475 (43.5%)	5,319 (33.2%)
Less than once a month	176 (13.9%)	444 (17.5%)	681 (20.1%)	865 (21.3%)	500 (19.9%)	217 (18.3%)	151 (13.8%)	3,033 (18.9%)
1-3 times a month	306 (24.1%)	595 (23.5%)	632 (18.7%)	627 (15.4%)	326 (13.0%)	111 (9.4%)	79 (7.2%)	2,677 (16.7%)
1-3 times a week	359 (28.3%)	490 (19.3%)	626 (18.5%)	597 (14.7%)	314 (12.5%)	149 (12.6%)	103 (9.4%)	2,637 (16.4%)
4-6 times a week	64 (5.0%)	101 (4.0%)	109 (3.2%)	106 (2.6%)	84 (3.3%)	34 (2.8%)	32 (3.0%)	530 (3.3%)
Daily	128 (10.1%)	260 (10.2%)	264 (7.8%)	400 (9.8%)	299 (11.9%)	230 (19.4%)	253 (23.1%)	1,834 (11.4%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

About a third of participants did not consume any yoghurt, cheese or any other dairy product at all. About a quarter reported consumption at least once a week, more females (25.9%) than males (21.2%) doing so (Table 2.4.1u). The proportion of non-consumers increased sharply with age, from a low of 10.1% in the youngest group to a high of 62.0% in the oldest (Table 2.4.1v). It appears that consumption of this food group is not widespread among older people.

Table 2.4.1u: Consumption of yoghurt, cheese or other dairy products in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	2,844	32.6	2,318	31.7	5,162	32.2
Less than once a month	1,519	17.4	1,495	20.4	3,014	18.8
1-3 times a month	2,100	24.1	1,942	26.6	4,041	25.2
1-3 times a week	1,665	19.1	1,158	15.8	2,822	17.6
4-6 times a week	270	3.1	162	2.2	432	2.7
Daily	324	3.7	236	3.2	560	3.5
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1v: Consumption of yoghurt, cheese or other dairy products in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	129 (10.1%)	481 (19.0%)	848 (25.1%)	1,329 (32.7%)	1,058 (42.2%)	638 (54.0%)	679 (62.0%)	5,162 (32.2%)
Less than once a month	156 (12.3%)	352 (13.9%)	602 (17.8%)	866 (21.3%)	589 (23.5%)	229 (19.3%)	220 (20.1%)	3,014 (18.8%)
1-3 times a month	393 (31.0%)	819 (32.3%)	967 (28.6%)	994 (24.4%)	557 (22.2%)	192 (16.2%)	119 (10.9%)	4,041 (25.2%)
1-3 times a week	439 (34.6%)	639 (25.2%)	744 (22.0%)	666 (16.4%)	216 (8.6%)	73 (6.2%)	44 (4.1%)	2,822 (17.6%)
4-6 times a week	87 (6.9%)	113 (4.5%)	101 (3.0%)	73 (1.8%)	31 (1.2%)	8 (0.6%)	18 (1.7%)	432 (2.7%)
Daily	63 (5.0%)	130 (5.1%)	114 (3.4%)	138 (3.4%)	58 (2.3%)	43 (3.6%)	14 (1.3%)	560 (3.5%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

34.8% of participants did not eat any ice-cream, with no apparent difference between males and females (Table 2.4.1w). The distribution was similar to that of yoghurt and cheese in that the proportion of non-consumers increased sharply with age, lowest in the youngest group (14.7%) and highest in the oldest (65.5%) (Table 2.4.1x).

Table 2.4.1w: Consumption of ice-cream in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	3,069	35.2	2,516	34.4	5,585	34.8
Less than once a month	2,403	27.5	2,130	29.1	4,533	28.3
1-3 times a month	2,161	24.8	1,939	26.5	4,100	25.6
1-3 times a week	943	10.8	658	9.0	1,601	10.0
4-6 times a week	92	1.1	35	0.5	127	0.8
Daily	54	0.6	33	0.4	86	0.5
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1x: Consumption of ice-cream in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	186 (14.7%)	532 (21.0%)	896 (26.5%)	1,358 (33.4%)	1,219 (48.6%)	677 (57.3%)	716 (65.5%)	5,585 (34.8%)
Less than once a month	338 (26.7%)	584 (23.0%)	990 (29.3%)	1,285 (31.6%)	763 (30.4%)	329 (27.8%)	245 (22.4%)	4,533 (28.3%)
1-3 times a month	441 (34.8%)	979 (38.6%)	1,054 (31.2%)	1,009 (24.8%)	391 (15.6%)	123 (10.4%)	102 (9.3%)	4,100 (25.6%)
1-3 times a week	266 (21.0%)	383 (15.1%)	411 (12.1%)	349 (8.6%)	119 (4.7%)	46 (3.9%)	26 (2.4%)	1,601 (10.0%)
4-6 times a week	26 (2.0%)	34 (1.3%)	19 (0.6%)	35 (0.9%)	8 (0.3%)	4 (0.3%)	1 (0.1%)	127 (0.8%)
Daily	9 (0.7%)	23 (0.9%)	8 (0.3%)	29 (0.7%)	9 (0.3%)	3 (0.3%)	5 (0.4%)	86 (0.5%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Consumption of fish and seafood

Generally, 38.5% of participants consumed fish daily, more females (40.0%) than males (36.8%) (Table 2.4.1y). The proportion of daily consumption increased with age, lowest (27.9%) in the youngest group and highest (52.4%) in the oldest (Table 2.4.1z).

Table 2.4.1y: Consumption of fish (except salted fish) in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	213	2.4	197	2.7	410	2.6
Less than once a month	117	1.3	99	1.4	216	1.3
1-3 times a month	590	6.8	527	7.2	1,117	7.0
1-3 times a week	2,668	30.6	2,377	32.5	5,045	31.5
4-6 times a week	1,643	18.8	1,417	19.4	3,059	19.1
Daily	3,491	40.0	2,692	36.8	6,183	38.5
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1z: Consumption of fish (except salted fish) in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	33 (2.6%)	74 (2.9%)	80 (2.4%)	95 (2.3%)	58 (2.3%)	40 (3.4%)	29 (2.7%)	410 (2.6%)
Less than once a month	27 (2.1%)	48 (1.9%)	50 (1.5%)	35 (0.9%)	28 (1.1%)	17 (1.5%)	11 (1.0%)	216 (1.3%)
1-3 times a month	167 (13.2%)	245 (9.7%)	226 (6.7%)	253 (6.2%)	107 (4.3%)	72 (6.1%)	46 (4.2%)	1,117 (7.0%)
1-3 times a week	460 (36.3%)	892 (35.1%)	1,284 (38.0%)	1,343 (33.0%)	594 (23.7%)	235 (19.9%)	236 (21.6%)	5,045 (31.5%)
4-6 times a week	226 (17.8%)	466 (18.4%)	640 (18.9%)	790 (19.4%)	499 (19.9%)	240 (20.3%)	198 (18.1%)	3,059 (19.1%)
Daily	353 (27.9%)	811 (32.0%)	1,097 (32.4%)	1,550 (38.1%)	1,222 (48.7%)	577 (48.8%)	573 (52.4%)	6,183 (38.5%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

About a third of participants consumed seafood at least once a week. There was no apparent difference in the distribution between males and females (Table 2.4.1aa). Weekly consumption decreased with age (Table 2.4.1ab).

Table 2.4.1aa: Consumption of seafood in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	1,048	12.0	669	9.1	1,717	10.7
Less than once a month	1,394	16.0	1,137	15.5	2,531	15.8
1-3 times a month	3,511	40.2	3,090	42.3	6,602	41.2
1-3 times a week	2,240	25.7	1,926	26.3	4,166	26.0
4-6 times a week	299	3.4	282	3.9	581	3.6
Daily	229	2.6	205	2.8	434	2.7
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1ab: Consumption of seafood in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	87 (6.9%)	172 (6.8%)	253 (7.5%)	338 (8.3%)	306 (12.2%)	239 (20.2%)	322 (29.5%)	1,717 (10.7%)
Less than once a month	156 (12.3%)	273 (10.8%)	480 (14.2%)	642 (15.8%)	453 (18.0%)	285 (24.1%)	242 (22.1%)	2,531 (15.8%)
1-3 times a month	540 (42.6%)	1,039 (41.0%)	1,405 (41.6%)	1,812 (44.6%)	1,043 (41.6%)	449 (38.0%)	313 (28.6%)	6,602 (41.2%)
1-3 times a week	377 (29.7%)	840 (33.1%)	1,051 (31.1%)	1,012 (24.9%)	547 (21.8%)	170 (14.4%)	170 (15.6%)	4,166 (26.0%)
4-6 times a week	69 (5.4%)	105 (4.1%)	120 (3.6%)	151 (3.7%)	99 (3.9%)	14 (1.2%)	24 (2.2%)	581 (3.6%)
Daily	39 (3.0%)	107 (4.2%)	68 (2.0%)	112 (2.7%)	61 (2.4%)	25 (2.2%)	22 (2.0%)	434 (2.7%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Consumption of meat and eggs

Generally, 78.8% of participants reported that they ate meat (beef, pork, poultry etc.) every day, more males (82.2%) than females (76.0%) (Table 2.4.1ac). The daily consumption of meat was consistent across age groups, except for the lower proportion observed in those aged 65-74 (73.9%) and 75 and above (65.9%) (Table 2.4.1ad).

Table 2.4.1ac: Consumption of meat in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	119	1.4	47	0.6	166	1.0
Less than once a month	46	0.5	16	0.2	62	0.4
1-3 times a month	147	1.7	92	1.3	239	1.5
1-3 times a week	838	9.6	468	6.4	1,306	8.1
4-6 times a week	942	10.8	676	9.2	1,618	10.1
Daily	6,629	76.0	6,010	82.2	12,639	78.8
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1ad: Consumption of meat in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	3 (0.2%)	13 (0.5%)	15 (0.4%)	56 (1.4%)	36 (1.4%)	18 (1.5%)	26 (2.3%)	166 (1.0%)
Less than once a month	2 (0.2%)	4 (0.2%)	12 (0.3%)	9 (0.2%)	13 (0.5%)	8 (0.7%)	13 (1.2%)	62 (0.4%)
1-3 times a month	23 (1.8%)	24 (0.9%)	30 (0.9%)	59 (1.4%)	37 (1.5%)	30 (2.5%)	37 (3.4%)	239 (1.5%)
1-3 times a week	104 (8.2%)	154 (6.1%)	242 (7.2%)	315 (7.8%)	236 (9.4%)	109 (9.2%)	145 (13.3%)	1,306 (8.1%)
4-6 times a week	151 (11.9%)	274 (10.8%)	324 (9.6%)	321 (7.9%)	253 (10.1%)	143 (12.1%)	152 (13.9%)	1,618 (10.1%)
Daily	985 (77.7%)	2,066 (81.5%)	2,754 (81.5%)	3,306 (81.3%)	1,933 (77.0%)	874 (73.9%)	721 (65.9%)	12,639 (78.8%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

80.6% of participants reported consuming eggs at least once a week, with no apparent difference between males and females (Table 2.4.1ae). Consumption decreased with age, the youngest group reporting the highest proportion (86.0%) and the oldest the lowest (61.3%) (Table 2.4.1af).

Table 2.4.1ae: Consumption of eggs in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	237	2.7	150	2.1	387	2.4
Less than once a month	215	2.5	168	2.3	383	2.4
1-3 timess a month	1,345	15.4	987	13.5	2,332	14.5
1-3 times a week	5,091	58.3	3,971	54.3	9,062	56.5
4-6 times a week	967	11.1	980	13.4	1,946	12.1
Daily	868	9.9	1,053	14.4	1,921	12.0
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1af: Consumption of eggs in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	8 (0.6%)	44 (1.7%)	61 (1.8%)	65 (1.6%)	82 (3.3%)	45 (3.8%)	82 (7.5%)	387 (2.4%)
Less than once a month	10 (0.8%)	25 (1.0%)	47 (1.4%)	75 (1.8%)	93 (3.7%)	58 (4.9%)	75 (6.9%)	383 (2.4%)
1-3 times a month	159 (12.6%)	261 (10.3%)	383 (11.3%)	573 (14.1%)	429 (17.1%)	259 (21.9%)	267 (24.4%)	2,332 (14.5%)
1-3 times a week	709 (55.9%)	1,332 (52.5%)	1,983 (58.7%)	2,409 (59.2%)	1,488 (59.3%)	621 (52.5%)	519 (47.5%)	9,062 (56.5%)
4-6 times a week	233 (18.4%)	446 (17.6%)	442 (13.1%)	436 (10.7%)	224 (8.9%)	95 (8.0%)	71 (6.5%)	1,946 (12.1%)
Daily	148 (11.7%)	427 (16.8%)	461 (13.6%)	508 (12.5%)	191 (7.6%)	104 (8.8%)	80 (7.3%)	1,921 (12.0%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Consumption of pickled foods

Overall, 72.8% of participants reported that they ate no pickled foods such as salted fish and Chinese sausage at all, or did so less than once a month, more females (75.2%) than males (69.8%) (Table 2.4.1ag). The proportion of those reporting no or only occasional consumption increased with age; over 80% of those aged 75 and above were in this group (Table 2.4.1ah). Surprisingly, eating pickled meat, a traditional Chinese staple, was not widespread among the elderly.

Table 2.4.1ag: Consumption of pickled foods in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	3,527	40.4	2,528	34.6	6,055	37.8
Less than once a month	3,038	34.8	2,571	35.2	5,609	35.0
1-3 times a month	1,601	18.3	1,609	22.0	3,210	20.0
1-3 times a week	485	5.6	520	7.1	1,005	6.3
4-6 times a week	36	0.4	47	0.6	83	0.5
Daily	34	0.4	34	0.5	69	0.4
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1ah: Consumption of pickled foods in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	438 (34.5%)	1,005 (39.6%)	1,137 (33.6%)	1,411 (34.7%)	1,030 (41.0%)	485 (41.0%)	549 (50.1%)	6,055 (37.8%)
Less than once a month	393 (31.0%)	698 (27.5%)	1,223 (36.2%)	1,567 (38.5%)	937 (37.3%)	451 (38.1%)	341 (31.2%)	5,609 (35.0%)
1-3 times a month	280 (22.1%)	609 (24.0%)	736 (21.8%)	806 (19.8%)	437 (17.4%)	185 (15.7%)	155 (14.1%)	3,210 (20.0%)
1-3 times a week	133 (10.5%)	185 (7.3%)	244 (7.2%)	247 (6.1%)	97 (3.9%)	57 (4.8%)	41 (3.8%)	1,005 (6.3%)
4-6 times a week	14 (1.1%)	25 (1.0%)	21 (0.6%)	15 (0.4%)	2 (0.1%)	1 (0.1%)	5 (0.4%)	83 (0.5%)
Daily	9 (0.7%)	13 (0.5%)	16 (0.5%)	19 (0.5%)	5 (0.2%)	3 (0.3%)	4 (0.4%)	69 (0.4%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Overall, 72.6% of participants reported eating no pickled vegetables, or doing so less than once a month, with no apparent difference between males and females (Table 2.4.1ai). The proportion of those reporting no or only low-level consumption was higher among the older groups of 55 and above (Table 2.4.1aj).

Table 2.4.1ai: Consumption of pickled vegetables in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	3,631	41.6	2,942	40.2	6,574	41.0
Less than once a month	2,657	30.4	2,409	33.0	5,066	31.6
1-3 times a month	1,886	21.6	1,573	21.5	3,459	21.6
1-3 times a week	472	5.4	340	4.6	812	5.1
4-6 times a week	37	0.4	21	0.3	58	0.4
Daily	39	0.4	24	0.3	62	0.4
Missing	5	0.1	3	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1aj: Consumption of pickled vegetables in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	524 (41.4%)	1,047 (41.3%)	1,262 (37.3%)	1,569 (38.6%)	1,110 (44.2%)	504 (42.6%)	558 (51.0%)	6,574 (41.0%)
Less than once a month	397 (31.3%)	710 (28.0%)	1,162 (34.4%)	1,341 (33.0%)	761 (30.3%)	395 (33.4%)	300 (27.4%)	5,066 (31.6%)
1-3 times a month	291 (23.0%)	646 (25.5%)	754 (22.3%)	903 (22.2%)	483 (19.3%)	214 (18.1%)	166 (15.2%)	3,459 (21.6%)
1-3 times a week	47 (3.7%)	100 (3.9%)	179 (5.3%)	230 (5.6%)	135 (5.4%)	66 (5.6%)	55 (5.0%)	812 (5.1%)
4-6 times a week	5 (0.4%)	19 (0.7%)	14 (0.4%)	13 (0.3%)	1 (0.0%)	2 (0.2%)	5 (0.5%)	58 (0.4%)
Daily	4 (0.3%)	13 (0.5%)	6 (0.2%)	10 (0.2%)	18 (0.7%)	2 (0.2%)	10 (0.9%)	62 (0.4%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Consumption of beverages

Over 95% of participants reported drinking at least one glass of water (240 ml) at each intake, with no apparent difference between males and females (Table 2.4.1ak). All age groups (except those aged 75 and above) reported similar consumption of at least one glass and above at each intake. Around 90% of those aged 75 and above drank one glass or more at each intake (Table 2.4.1al).

Table 2.4.1ak: Number of glasses of water consumed at each intake in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Less than 1 glass	456	5.2	280	3.8	735	4.6
1 - 2.99	7,555	86.6	6,399	87.5	13,955	87.0
3 - 4.99	429	4.9	417	5.7	846	5.3
5 - 6.99	169	1.9	157	2.1	326	2.0
7 - 7.99	22	0.3	8	0.1	30	0.2
8 glasses and above	85	1.0	46	0.6	131	0.8
Missing	12	0.1	5	0.1	17	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1al: Number of glasses of water consumed at each intake in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Less than 1 glass	49 (3.9%)	90 (3.6%)	112 (3.3%)	185 (4.6%)	114 (4.5%)	73 (6.2%)	112 (10.2%)	735 (4.6%)
1 - 2.99	1,103 (87.0%)	2,244 (88.5%)	2,990 (88.5%)	3,508 (86.2%)	2,199 (87.6%)	1,017 (86.0%)	893 (81.6%)	13,955 (87.0%)
3 - 4.99	62 (4.9%)	133 (5.2%)	186 (5.5%)	225 (5.5%)	109 (4.3%)	63 (5.3%)	67 (6.2%)	846 (5.3%)
5 - 6.99	35 (2.7%)	44 (1.7%)	52 (1.5%)	99 (2.4%)	67 (2.7%)	19 (1.6%)	11 (1.0%)	326 (2.0%)
7 - 7.99	1 (0.1%)	8 (0.3%)	7 (0.2%)	6 (0.1%)	6 (0.3%)	1 (0.1%)	1 (0.1%)	30 (0.2%)
8 glasses and above	17 (1.3%)	15 (0.6%)	29 (0.9%)	39 (1.0%)	13 (0.5%)	7 (0.6%)	10 (0.9%)	131 (0.8%)
Missing	0(0.0%)	2 (0.1%)	4 (0.1%)	7 (0.2%)	1 (0.0%)	2 (0.2%)	0 (0.0%)	17 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Overall, 45.5% of participants reported drinking tea every day, more males (52.0%) than females (40.1%) (Table 2.4.1am). The proportion drinking tea daily increased sharply with age, from 21.1% among those aged 20-24 to 58.4% among those aged 65-74 (Table 2.4.1an).

Table 2.4.1am: Consumption of tea in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	952	10.9	415	5.7	1,366	8.5
Less than once a month	509	5.8	244	3.3	752	4.7
1-3 times a month	1,026	11.8	689	9.4	1,714	10.7
1-3 times a week	1,993	22.8	1,439	19.7	3,432	21.4
4-6 timess a week	742	8.5	722	9.9	1,465	9.1
Daily	3,501	40.1	3,801	52.0	7,301	45.5
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1an: Consumption of tea in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	92 (7.2%)	218 (8.6%)	252 (7.4%)	322 (7.9%)	212 (8.4%)	140 (11.8%)	131 (11.9%)	1,366 (8.5%)
Less than once a month	75 (5.9%)	119 (4.7%)	124 (3.7%)	207 (5.1%)	113 (4.5%)	47 (3.9%)	67 (6.2%)	752 (4.7%)
1-3 times a month	247 (19.5%)	377 (14.9%)	340 (10.1%)	365 (9.0%)	229 (9.1%)	84 (7.1%)	73 (6.6%)	1,714 (10.7%)
1-3 times a week	420 (33.1%)	726 (28.6%)	795 (23.5%)	792 (19.5%)	401 (16.0%)	169 (14.3%)	128 (11.7%)	3,432 (21.4%)
4-6 times a week	166 (13.1%)	278 (11.0%)	369 (10.9%)	376 (9.2%)	157 (6.3%)	53 (4.5%)	66 (6.0%)	1,465 (9.1%)
Daily	267 (21.1%)	817 (32.2%)	1,497 (44.3%)	2,004 (49.3%)	1,396 (55.6%)	691 (58.4%)	629 (57.5%)	7,301 (45.5%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 100%)	16,039 (100%)

45.9% of participants did not drink coffee at all, while 15.1% did so daily. More females (51.6%) than males (39.1%) did not drink coffee, while more males (18.7%) drank it daily than females (12.2%) (Table 2.4.1ao). The proportion not drinking coffee at all increased with age. Daily consumption across age groups showed a bell-shaped distribution, where the youngest and oldest groups had the lowest percentages (6.7% and 6.0%, respectively), and those aged 35-44 and 45-54 had the highest percentages (18.8% and 19.2%, respectively) (Table 2.4.1ap).

Table 2.4.1ao: Consumption of coffee in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	4,506	51.6	2,862	39.1	7,368	45.9
Less than once a month	1,156	13.2	975	13.3	2,131	13.3
1-3 times a month	828	9.5	795	10.9	1,623	10.1
1-3 times a week	932	10.7	940	12.9	1,872	11.7
4-6 times a week	239	2.7	373	5.1	613	3.8
Daily	1,061	12.2	1,364	18.7	2,425	15.1
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1ap: Consumption of coffee in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	545 (43.0%)	1,086 (42.8%)	1,360 (40.2%)	1,701 (41.8%)	1,186 (47.3%)	707 (59.8%)	783 (71.6%)	7,368 (45.9%)
Less than once a month	227 (17.9%)	330 (13.0%)	398 (11.8%)	479 (11.8%)	408 (16.3%)	150 (12.7%)	139 (12.7%)	2,131 (13.3%)
1-3 times a month	199 (15.7%)	340 (13.4%)	358 (10.6%)	408 (10.0%)	181 (7.2%)	71 (6.0%)	65 (5.9%)	1,623 (10.1%)
1-3 times a week	169 (13.3%)	336 (13.2%)	447 (13.2%)	520 (12.8%)	280 (11.2%)	86 (7.2%)	35 (3.2%)	1,872 (11.7%)
4-6 times a week	43 (3.4%)	117 (4.6%)	179 (5.3%)	177 (4.3%)	71 (2.8%)	19 (1.6%)	7 (0.7%)	613 (3.8%)
Daily	85 (6.7%)	326 (12.8%)	634 (18.8%)	782 (19.2%)	382 (15.2%)	150 (12.6%)	66 (6.0%)	2,425 (15.1%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Overall, over a third of the participants consumed Chinese herbal tea one to three times a month and 16.5% at least once a week, with no apparent difference between males and females (Table 2.4.1aq). Interestingly, Chinese herbal tea appeared to be more popular among younger people, the proportion drinking it at least once a week being higher in the younger groups than among those aged 55 and above (Table 2.4.1ar).

Table 2.4.1aq: Consumption of Chinese herbal tea in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	2,304	26.4	1,697	23.2	4,001	24.9
Less than once a month	2,019	23.1	1,707	23.3	3,726	23.2
1-3 times a month	3,078	35.3	2,581	35.3	5,659	35.3
1-3 times a week	1,175	13.5	1,199	16.4	2,375	14.8
4-6 times a week	75	0.9	81	1.1	156	1.0
Daily	72	0.8	44	0.6	115	0.7
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1ar: Consumption of Chinese herbal tea in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	232 (18.3%)	557 (22.0%)	637 (18.8%)	858 (21.1%)	694 (27.7%)	496 (42.0%)	527 (48.1%)	4,001 (24.9%)
Less than once a month	274 (21.6%)	496 (19.5%)	714 (21.1%)	891 (21.9%)	709 (28.3%)	331 (28.0%)	311 (28.4%)	3,726 (23.2%)
1-3 times a month	533 (42.0%)	978 (38.6%)	1,369 (40.5%)	1,551 (38.1%)	771 (30.7%)	273 (23.1%)	183 (16.7%)	5,659 (35.3%)
1-3 times a week	210 (16.6%)	440 (17.3%)	585 (17.3%)	707 (17.4%)	302 (12.0%)	70 (5.9%)	60 (5.5%)	2,375 (14.8%)
4-6 times a week	14 (1.1%)	40 (1.6%)	51 (1.5%)	30 (0.7%)	15 (0.6%)	3 (0.3%)	3 (0.3%)	156 (1.0%)
Daily	4 (0.3%)	24 (0.9%)	21 (0.6%)	29 (0.7%)	17 (0.7%)	9 (0.8%)	12 (1.1%)	115 (0.7%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Over one third of participants did not consume soft drinks at all, with more females (39.8%) than males (29.1%). 6.7% consumed a soft drink at least four times a week, with more males (9.8%) than females (4.2%) (Table 2.4.1as). The non-consuming proportion increased sharply with age, from a low of 11.5% among the youngest group to a high of 67.6% among the oldest. Conversely, the proportion consuming a soft drink at least four days a week decreased with age (Table 2.4.1at).

Table 2.4.1as: Consumption of soft drinks in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	3,472	39.8	2,125	29.1	5,596	34.9
Less than once a month	1,671	19.2	1,201	16.4	2,872	17.9
1-3 times a month	1,802	20.6	1,509	20.6	3,311	20.6
1-3 times a week	1,413	16.2	1,761	24.1	3,174	19.8
4-6 times a week	205	2.4	357	4.9	562	3.5
Daily	159	1.8	357	4.9	516	3.2
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1at: Consumption of soft drinks in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	146 (11.5%)	436 (17.2%)	842 (24.9%)	1,441 (35.4%)	1,232 (49.1%)	760 (64.3%)	740 (67.6%)	5,596 (34.9%)
Less than once a month	134 (10.6%)	285 (11.2%)	503 (14.9%)	856 (21.0%)	644 (25.6%)	237 (20.1%)	212 (19.4%)	2,872 (17.9%)
1-3 times a month	317 (25.0%)	681 (26.8%)	863 (25.5%)	888 (21.8%)	367 (14.6%)	108 (9.2%)	86 (7.9%)	3,311 (20.6%)
1-3 times a week	465 (36.6%)	790 (31.2%)	893 (26.4%)	699 (17.2%)	206 (8.2%)	72 (6.1%)	48 (4.4%)	3,174 (19.8%)
4-6 times a week	137 (10.8%)	164 (6.5%)	141 (4.2%)	82 (2.0%)	30 (1.2%)	4 (0.3%)	4 (0.3%)	562 (3.5%)
Daily	69 (5.4%)	178 (7.0%)	135 (4.0%)	100 (2.5%)	30 (1.2%)	1 (0.1%)	4 (0.3%)	516 (3.2%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Generally, a quarter of the participants drank fruit juice at least once a week. There was no apparent difference between males and females (Table 2.4.1au). The proportion drinking juice weekly decreased sharply with age, from a high of 50.4% among the youngest to a low of 7.1% among the oldest (Table 2.4.1av).

Table 2.4.1au: Consumption of fruit juice in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	2,734	31.3	1,999	27.3	4,733	29.5
Less than once a month	1,746	20.0	1,338	18.3	3,084	19.2
1-3 times a month	2,164	24.8	1,945	26.6	4,109	25.6
1-3 times a week	1,753	20.1	1,656	22.6	3,408	21.3
4-6 times a week	180	2.1	180	2.5	360	2.2
Daily	146	1.7	191	2.6	337	2.1
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.1av: Consumption of fruit juice in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	112 (8.8%)	356 (14.0%)	710 (21.0%)	1,190 (29.3%)	1,052 (41.9%)	638 (53.9%)	676 (61.8%)	4,733 (29.5%)
Less than once a month	141 (11.1%)	293 (11.5%)	658 (19.5%)	905 (22.2%)	621 (24.7%)	262 (22.1%)	205 (18.7%)	3,084 (19.2%)
1-3 times a month	377 (29.7%)	813 (32.1%)	1,029 (30.4%)	1,072 (26.4%)	529 (21.1%)	154 (13.1%)	134 (12.3%)	4,109 (25.6%)
1-3 times a week	502 (39.6%)	868 (34.2%)	839 (24.8%)	763 (18.8%)	265 (10.6%)	112 (9.5%)	60 (5.4%)	3,408 (21.3%)
4-6 times a week	79 (6.3%)	119 (4.7%)	75 (2.2%)	62 (1.5%)	17 (0.7%)	4 (0.3%)	5 (0.4%)	360 (2.2%)
Daily	57 (4.5%)	87 (3.4%)	67 (2.0%)	74 (1.8%)	24 (1.0%)	13 (1.1%)	15 (1.3%)	337 (2.1%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

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2.4.2 Smoking

Smokers are at major risk of developing various cancers and cardiovascular and respiratory diseases.[1] The FAMILY Cohort included questions to assess the participants' smoking patterns.

17.6% of participants reported that they had at some time smoked cigarettes, with more males (31.4%) than females (5.8%) (Table 2.4.2a). Prevalence was highest among those aged 25-34 (23.0%) and lowest among those aged 15-24 (8.4%), remaining around 20% in other age groups (Table 2.4.2b).

Table 2.4.2a: Having ever smoked cigarettes, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	553	5.8	2,593	31.4	3,146	17.6
No	9,015	94.1	5,654	68.5	14,669	82.3
Missing	7	0.1	9	0.1	16	0.1
Total	9,575	100	8,256	100	17,831	100

Table 2.4.2b: Having ever smoked cigarettes: number of persons (%) by age group (in years)

	15-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	257 (8.4%)	583 (23.0%)	574 (17.0%)	751 (18.5%)	490 (19.5%)	247 (20.9%)	244 (22.3%)	3,146 (17.6%)
No	2,796 (91.4%)	1,952 (77.0%)	2,803 (82.9%)	3,313 (81.4%)	2,019 (80.4%)	936 (79.1%)	850 (77.7%)	14,669 (82.3%)
Missing	7 (0.2%)	1 (0.1%)	3 (0.1%)	4 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	16 (0.1%)
Total	3,060 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	17,831 (100%)

Among those who had ever smoked, 64.9% were currently smoking at least one cigarette a day. The prevalence of daily smoking among male 'ever-smokers' (66.4%) was higher than that of their female counterparts (57.8%). In addition, males (20.9%) had a higher corresponding daily smoking prevalence than females (3.3%). Overall, 4.8% of ever-smokers were only occasional smokers (less than one cigarette a day), and the prevalence of this occasional smoking was higher in females (8.3%) than males (4.0%). Nearly 30% of ever-smokers reported that they had stopped smoking (Table 2.4.2c). Daily prevalence among ever-smokers was highest among those aged 35-44 (73.6%), while the corresponding daily smoking prevalence among all participants was highest among those aged 25-34 (16.1%). While those aged 15-24 reported the lowest corresponding daily smoking prevalence (5.8%), their occasional smoking prevalence was the highest (8.2%) of all age groups. As expected, the prevalence of former smokers increased with age (Table 2.4.2d).

Table 2.4.2c: Smoking status, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Currently smoking at least one cigarette a day	320	57.8	1,722	66.4	2,042	64.9
(Corresponding daily smoking prevalence) ^	N.A.	3.3	N.A.	20.9	N.A.	11.5
Currently smoking occasionally	46	8.3	105	4.0	151	4.8
Stopped smoking						
Already stopped (former smokers)	66	11.9	502	19.4	568	18.0
Smoked occasionally, but already stopped	119	21.6	249	9.6	368	11.7
Missing	2	0.4	15	0.6	17	0.5
Total	553	100	2,593	100	3,146	100

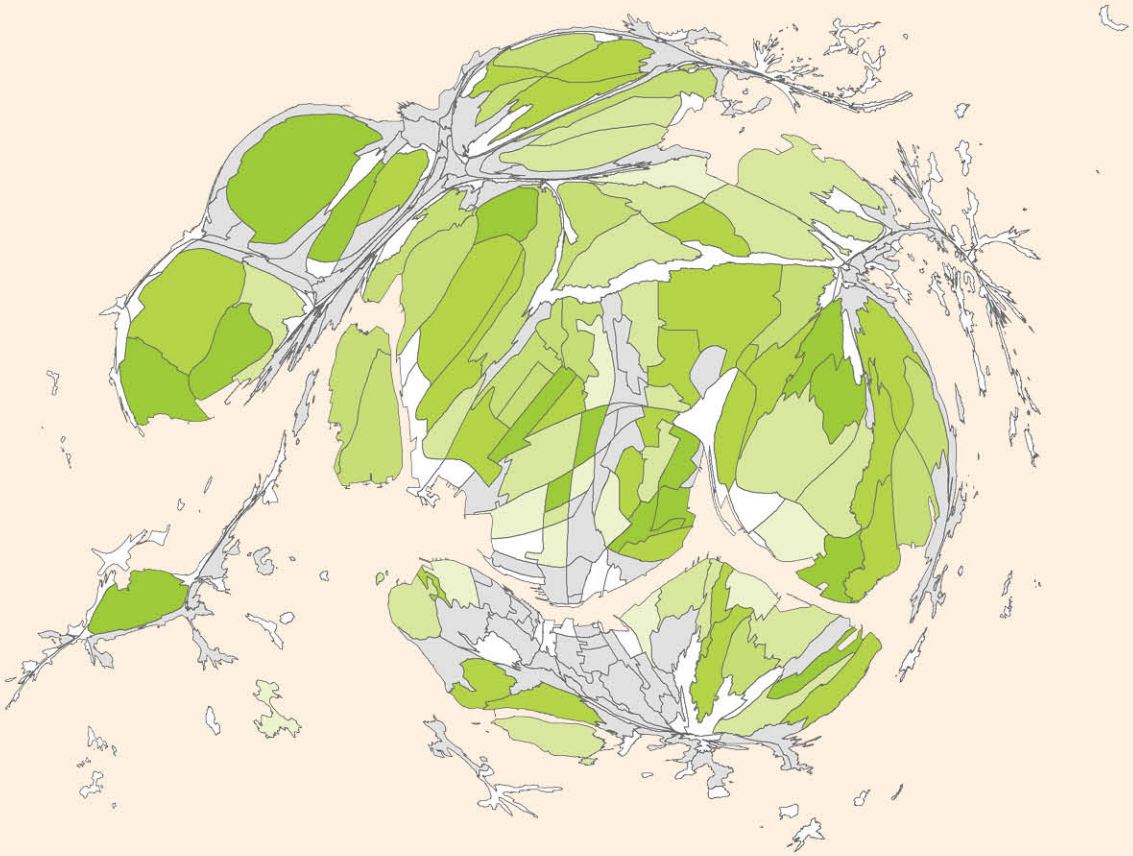
Base: Participants who had ever smoked.
^ 'Corresponding daily smoking prevalence' was calculated by dividing the number of smokers currently smoking at least one cigarette a day by the population aged 15 and above of the respective sex.

Table 2.4.2d: Smoking status: number of persons (%) by age group (in years)

	15-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Currently smoking at least one cigarette a day	176 (68.6%)	408 (70.1%)	423 (73.6%)	534 (71.0%)	314 (64.0%)	113 (45.8%)	74 (30.5%)	2,042 (64.9%)
(Corresponding daily smoking prevalence) ^	N.A. (5.8%)	N.A .(16.1%)	N.A. (12.5%)	N.A. (13.1%)	N.A. (12.5%)	N.A. (9.6%)	N.A. (6.8%)	N.A. (11.5%)
Currently smoking occasionally	21 (8.2%)	30 (5.1%)	33 (5.7%)	29 (3.9%)	22 (4.4%)	8 (3.2%)	9 (3.7%)	151 (4.8%)
Stopped smoking								
Already stopped (former smokers)	12 (4.6%)	81 (13.9%)	58 (10.2%)	117 (15.6%)	112 (22.8%)	83 (33.6%)	105 (43.0%)	568 (18.0%)
Smoked occasionally, but already stopped	47 (18.3%)	60 (10.2%)	58 (10.1%)	68 (9.1%)	37 (7.6%)	42 (17.2%)	56 (22.8%)	368 (11.7%)
Missing	1 (0.3%)	5 (0.8%)	2 (0.4%)	3 (0.4%)	6 (1.2%)	1 (0.3%)	0 (0.1%)	17 (0.5%)
Total	257 (100%)	583 (100%)	574 (100%)	751 (100%)	490 (100%)	247 (100%)	244 (100%)	3,146 (100%)

Base: Participants who had ever smoked.
^ 'Corresponding Daily Smoking Prevalence' was calculated by dividing the number of smokers who currently smoked at least one cigarette a day by the population aged 15 and above of respective sex.

Figure 2.4.2a: Prevalence of current smoker (Aged 15 and above), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Prevalence (%)

- ≤ 5.7
- 5.8 - 10.3
- 10.4 - 14.5
- 14.6 - 18.4
- ≥ 18.5

Overall prevalence of current smoker was 13.3% for the FC sample aged 20 and above. Parts of Hung Hom had the highest proportion.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Among daily smokers, about half started smoking under the age of 18. Male and female daily smokers started smoking at similar ages. Slightly more male daily smokers (48.8%) than females (46.4%) began smoking before the age of 18 (Table 2.4.2e).

Table 2.4.2e: Age (in years) when smoking started by daily smokers, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Below 14	37	11.6	236	13.7	273	13.3
14-15	56	17.4	288	16.7	344	16.8
16-17	56	17.4	317	18.4	373	18.3
18-19	63	19.7	381	22.1	444	21.8
20-24	61	19.0	366	21.3	427	20.9
25 and above	42	13.3	111	6.5	154	7.5
Missing	5	1.6	22	1.3	27	1.3
Total	320	100	1,722	100	2,042	100
Mean	18.6		17.4		17.6	
Median	18.0		18.0		18.0	
Standard deviation	5.75		4.24		4.53	

Base: Current smokers smoking at least one cigarette per day.

Table 2.4.2f: Age (in years) when smoking started by daily smokers: number of persons (%) by age group (in years)

	15-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Below 14	37 (21.2%)	56 (13.7%)	34 (8.0%)	66 (12.3%)	46 (14.8%)	18 (15.7%)	15 (20.7%)	273 (13.3%)
14-15	57 (32.1%)	60 (14.7%)	71 (16.8%)	87 (16.3%)	41 (13.0%)	19 (16.8%)	10 (13.4%)	344 (16.8%)
16-17	49 (27.7%)	94 (23.1%)	70 (16.5%)	84 (15.7%)	52 (16.4%)	16 (14.5%)	9 (11.7%)	373 (18.3%)
18-19	25 (14.1%)	107 (26.3%)	85 (20.1%)	116 (21.7%)	78 (24.9%)	16 (13.9%)	17 (23.1%)	444 (21.8%)
20-24	8 (4.3%)	71 (17.3%)	115 (27.2%)	134 (25.1%)	60 (19.1%)	24 (21.6%)	16 (21.0%)	427 (20.9%)
25 and above	0 (0.0%)	13 (3.3%)	41 (9.7%)	40 (7.5%)	35 (11.0%)	18 (15.6%)	7 (9.2%)	154 (7.5%)
Missing	1 (0.7%)	7 (1.7%)	7 (1.6%)	7 (1.4%)	2 (0.7%)	2 (1.9%)	1 (0.8%)	27 (1.3%)
Total	176 (100%)	408 (100%)	423 (100%)	534 (100%)	314 (100%)	113 (100%)	74 (100%)	2,042 (100%)
Mean	15.4	17.0	18.4	17.7	18.0	18.3	17.5	17.6
Median	15.0	17.0	18.0	18.0	18.0	18.0	18.0	18.0
Standard deviation	2.30	3.53	4.37	4.35	5.45	6.03	6.25	4.53

Base: Current smokers smoking at least one cigarette per day.

About a third of daily smokers consumed at least one packet (or 20 cigarettes) a day, more males (34.4%) smoking at least a whole packet than their female counterparts (18.1%). On average, males in this group also smoked more cigarettes than females (13.9 versus 10.3) (Table 2.4.2g). The proportion smoking at least one packet a day was highest among those aged 45-54 (38.3%) and 55-64 (40.9%). These two age groups also reported the highest mean number of cigarettes smoked each day (Table 2.4.2h).

Table 2.4.2g: Number of cigarettes smoked per day by daily smokers, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Below 5	58	18.2	167	9.7	225	11.0
5-9	77	24.0	204	11.9	281	13.8
10-14	104	32.5	504	29.3	608	29.8
15-19	23	7.2	255	14.8	278	13.6
20-24	52	16.3	497	28.9	549	26.9
25 and above	6	1.8	94	5.5	100	4.9
Missing	0	0.0	1	0	1	0.0
Total	320	100	1,722	100	2,042	100
Mean	10.3		13.9		13.3	
Median	10.0		14.0		10.0	
Standard Deviation	6.33		7.59		7.53	

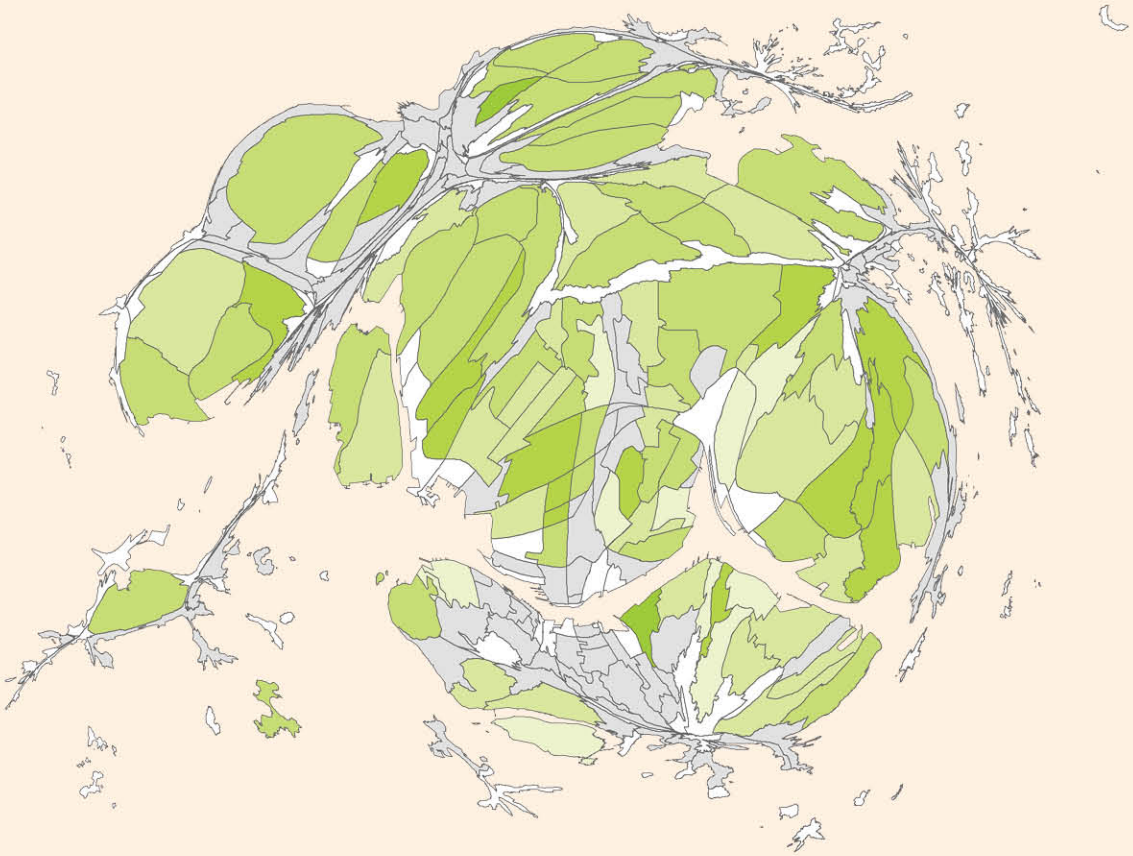
Base: Current smokers consuming at least one cigarette per day.

Table 2.4.2h: Number of cigarettes smoked per day by daily smokers: number of persons (%) by age group (in years)

	15-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Below 5	28 (15.9%)	58 (14.3%)	41 (9.7%)	52 (9.8%)	19 (5.9%)	16 (14.4%)	10 (13.8%)	225 (11.0%)
5-9	43 (24.5%)	78 (19.0%)	45 (10.6%)	54 (10.1%)	38 (12.3%)	14 (12.5%)	9 (12.0%)	281 (13.8%)
10-14	64 (36.2%)	126 (30.7%)	142 (33.5%)	123 (23.1%)	89 (28.5%)	35 (31.4%)	29 (38.7%)	608 (29.8%)
15-19	14 (8.2%)	41 (10.1%)	61 (14.3%)	100 (18.7%)	39 (12.4%)	13 (11.5%)	10 (13.6%)	278 (13.6%)
20-24	22 (12.7%)	102 (24.9%)	112 (26.6%)	162 (30.4%)	106 (33.8%)	30 (26.7%)	14 (19.3%)	549 (26.9%)
25 and above	4 (2.1%)	4 (0.9%)	22 (5.2%)	42 (7.9%)	22 (7.1%)	4 (3.6%)	2 (2.6%)	100 (4.9%)
Missing	1 (0.3%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.0%)
Total	176 (100%)	408 (100%)	423 (100%)	534 (100%)	314 (100%)	113 (100%)	74 (100%)	2,042 (100%)
Mean	10.1	11.6	13.6	14.9	15.0	12.8	12.0	13.3
Median	10.00	10.00	10.0	15.0	15.0	10.0	10.0	10.0
Standard deviation	5.95	6.51	7.25	8.12	8.05	7.08	6.98	7.53

Base: Current smokers consuming at least one cigarette per day.

Figure 2.4.2b: Average number of cigarettes smoked per day (current smoker), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Amount

- ≤ 9.8
- 9.9 - 12.8
- 12.9 - 15.2
- 15.3 - 20.0
- ≥ 20.1

Average number of cigarettes smoked per day among daily smokers was 13.4 for the FC sample, with the highest in parts of Tin Hau.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Among former smokers, 91.8% reported that they had quit smoking for at least the last six months, with no apparent difference between males and females (Table 2.4.2i). As expected, the proportion of formers smokers who had quit at least six months ago increased with age (Table 2.4.2j).

Table 2.4.2i: Former smokers stopping at least six months ago, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	59	90.1	462	92.0	521	91.8
No	7	9.9	39	7.8	46	8.0
Missing	0	0.0	1	0.2	1	0.2
Total	66	100	502	100	568	100

Base: Former smokers.

Table 2.4.2j: Former smokers stopping at least six months ago: number of persons (%) by age group (in years)

	15-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	8 (66.3%)	78 (96.3%)	52 (88.7%)	103 (87.9%)	105 (94.0%)	76 (92.1%)	99 (94.5%)	521 (91.8%)
No	3 (23.8%)	3 (3.7%)	7 (11.3%)	14 (12.1%)	7 (6.0%)	7 (7.9%)	6 (5.5%)	46 (8.0%)
Missing	1 (9.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (0.2%)
Total	12 (100%)	81 (100%)	58 (100%)	117 (100%)	112 (100%)	83 (100%)	105 (100%)	568 (100%)

Base: Former smokers.

Among former smokers, 48.6% reported that they used to smoke at least one packet (or 20 cigarettes) a day, more males (52.2%) than females (18.4%) (Table 2.4.2k). Similar to the distribution in the case of daily smokers, the proportion of former smokers who used to smoke at least one packet was highest among those aged 55-64 (63.5%) and 65-74 (59.8%). These two age groups also reported the highest mean number of cigarettes smoked each day (Table 2.4.2l).

Table 2.4.2k: Number of cigarettes smoked per day, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Below 5	21	31.6	22	4.3	43	7.5
5-9	5	7.2	43	8.6	48	8.5
10-14	25	38.0	117	23.3	142	25.0
15-19	3	4.8	52	10.3	55	9.7
20-24	10	14.7	173	34.5	183	32.2
25 and above	2	3.7	91	18.0	93	16.4
Missing	0	0.0	4	0.9	4	0.8
Total	66	100	502	100	568	100
Mean	10.0		18.4		17.4	
Median	10.0		20.0		16.0	
Standard deviation	8.27		10.97		11.01	

Base: Former smokers.

Table 2.4.2l: Number of cigarettes smoked per day, by sex : number of persons (%) by age group (in years)

	15-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Below 5	8 (67.7%)	12 (15.2%)	1 (1.8%)	4 (3.8%)	4 (4.0%)	1 (1.7%)	11 (10.5%)	43 (7.5%)
5-9	2 (13.0%)	3 (3.8%)	8 (13.8%)	16 (13.3%)	2 (1.9%)	8 (9.3%)	10 (9.6%)	48 (8.5%)
10-14	1 (12.4%)	42 (51.8%)	18 (30.6%)	25 (21.0%)	27 (23.9%)	14 (17.3%)	15 (14.7%)	142 (25.0%)
15-19	1 (6.9%)	6 (7.7%)	12 (20.8%)	16 (13.4%)	4 (3.6%)	10 (12.0%)	6 (5.7%)	55 (9.7%)
20-24	0 (0.0%)	15 (19.1%)	13 (22.5%)	43 (36.6%)	38 (33.7%)	29 (35.2%)	44 (42.4%)	183 (32.2%)
25 and above	0 (0.0%)	2 (2.4%)	6 (10.5%)	14 (12.0%)	33 (29.8%)	20 (24.6%)	17 (16.3%)	93 (16.4%)
Missing	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	4 (3.2%)	0 (0.0%)	1 (0.7%)	4 (0.8%)
Total	12 (100%)	81 (100%)	58 (100%)	117 (100%)	112 (100%)	83 (100%)	105 (100%)	568 (100%)
Mean	4.7	11.8	15.3	16.7	21.8	20.2	18.7	17.4
Median	3.0	10.0	15.0	15.0	20.0	20.0	20.0	16.0
Standard deviation	4.26	7.04	8.80	9.47	12.24	10.86	12.39	11.01

Base: Former smokers.

2.4.3 Alcohol

Alcohol has been listed by WHO (2011)[2] as a known carcinogenic. Its consumption is associated with cancers of the mouth, pharynx, larynx and oesophagus, and linked to liver and breast cancers. Avoiding binge/ excessive drinking is advised.[3]

In general, 71.3% of participants did not consume any alcohol. While 18.8% drank it occasionally (less than once or one to three days a month), 5.2% drank at least once a week and 2.8% were daily drinkers. More females (83.6%) than males (56.7%) were non-drinkers, whereas considerably more males (9.0%) than females (2.0%) drank at least once a week. Furthermore, daily drinking by males (5.5%) was nearly 11 times higher than in the case of females (0.5%) (Table 2.4.3a). Non-drinkers were more numerous among the elder groups, the proportion of daily drinkers increasing with age to reach a peak of 4.7% in the middle 55-64 group and then tapering off to 2.5% in those aged 75 and above (Table 2.4.3b).

Table 2.4.3a: Pattern of alcohol consumption, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
No	7,292	83.6	4,149	56.7	11,441	71.3
Now stopped drinking	68	0.8	199	2.7	267	1.7
Drink occasionally						
Less than once a month	720	8.2	962	13.2	1,681	10.5
1-3 times a month	399	4.6	926	12.7	1,325	8.3
Drink regularly						
1-3 times a week	149	1.7	569	7.8	719	4.5
4-6 times a week	27	0.3	89	1.2	116	0.7
Every day	47	0.5	403	5.5	450	2.8
Missing	26	0.3	15	0.2	41	0.3
Total	8,727	100	7,312	100	16,039	100

Table 2.4.3b: Pattern of alcohol consumption: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
No	793 (62.6%)	1,609 (63.4%)	2,431 (71.9%)	2,864 (70.4%)	1,902 (75.8%)	932 (78.8%)	909 (83.1%)	11,441 (71.3%)
Now stopped drinking	12 (0.9%)	32 (1.3%)	17 (0.5%)	45 (1.1%)	40 (1.6%)	51 (4.3%)	70 (6.4%)	267 (1.7%)
Drink occasionally								
Less than once a month	249 (19.7%)	385 (15.2%)	380 (11.3%)	372 (9.1%)	160 (6.4%)	80 (6.7%)	55 (5.0%)	1,681 (10.5%)
1-3 times a month	159 (12.5%)	323 (12.7%)	298 (8.8%)	353 (8.7%)	139 (5.6%)	35 (2.9%)	18 (1.7%)	1,325 (8.3%)
Drink regularly								
1-3 times a week	41 (3.2%)	151 (6.0%)	147 (4.3%)	221 (5.4%)	121 (4.8%)	25 (2.1%)	13 (1.2%)	719 (4.5%)
4-6 times a week	6 (0.5%)	9 (0.4%)	41 (1.2%)	33 (0.8%)	21 (0.9%)	4 (0.3%)	1 (0.1%)	116 (0.7%)
Every day	4 (0.3%)	23 (0.9%)	55 (1.6%)	169 (4.2%)	118 (4.7%)	54 (4.5%)	28 (2.5%)	450 (2.8%)
Missing	4 (0.4%)	4 (0.1%)	11 (0.3%)	11 (0.3%)	9 (0.4%)	2 (0.2%)	1 (0.1%)	41 (0.3%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Among participants who had ever consumed alcohol, the mean age of first drinking was 19.9, although 31.9% reported underage drinking. As expected, males started drinking at an earlier age (19 years old) than females (21 years old), and more males (33.7%) had their first drink before the age of 18 than females (27.8%) (Table 2.4.3c).

Table 2.4.3c: Age (in years) when started drinking, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Below 16	254	18.0	647	20.6	902	19.8
16-17	139	9.8	411	13.1	550	12.1
18-21	586	41.5	1,331	42.3	1,917	42.1
22-25	193	13.7	417	13.3	610	13.4
26 and above	207	14.7	294	9.3	501	11.0
Missing	31	2.2	47	1.5	79	1.7
Total	1,409	100	3,148	100	4,557	100
Mean	21.0		19.4		19.9	
Median	18.0		18.0		18.0	
Standard deviation	9.88		6.75		7.89	

Base: Participants who had ever consumed alcohol.

Binge drinking

'Binge drinking' is defined as consumption of five or more drinks (for males) and four or more (for females) on a single occasion.[4] Most people who binge drink are not alcohol-dependent but binge drinking is associated with many health problems, such as physical injury and alcohol poisoning.[4] Among those participants who had ever consumed alcohol, 16.3% had had at least one binge drinking episode in the month prior to the interview. Not surprisingly, more males (18.7%) than females (11.0%) reported binge drinking (Table 2.4.3d), but these numbers decreased with age, highest among those aged 25-34 (20.6%) and 35-44 (21.4%) and lowest among those aged 65-74 (3.6%) and 75 and above (1.3%) (Table 2.4.3e). The trend towards binge drinking seems to be concentrated in younger groups, which merits concern among policy makers as far as preventing drunk driving is concerned.

Table 2.4.3d: Binge drinking in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
No	1,208	85.7	2,408	76.5	3,616	79.3
Yes						
Once	82	5.8	279	8.9	361	7.9
Twice	33	2.3	113	3.6	146	3.2
At least 3 times	40	2.9	193	6.1	233	5.1
Missing	46	3.2	155	4.9	201	4.4
Total	1,409	100	3,148	100	4,557	100

Base: Participants who had ever consumed alcohol.

Table 2.4.3e: Binge drinking in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
No	384 (81.6%)	715 (77.4%)	725 (77.3%)	947 (79.4%)	519 (86.6%)	199 (80.1%)	127 (68.6%)	3,616 (79.4%)
Yes								
Once	55 (11.7%)	97 (10.6%)	89 (9.5%)	89 (7.5%)	24 (4.0%)	6 (2.5%)	0 (0.2%)	361 (7.9%)
Twice	13 (2.7%)	42 (4.6%)	44 (4.7%)	38 (3.2%)	9 (1.6%)	0 (0.0%)	0 (0.0%)	146 (3.2%)
At least 3 times	13 (2.8%)	50 (5.4%)	67 (7.2%)	83 (7.0%)	15 (2.5%)	3 (1.2%)	2 (1.1%)	233 (5.1%)
Missing	6 (1.2%)	19 (2.0%)	13 (1.4%)	36 (3.0%)	32 (5.3%)	40 (16.3%)	56 (30.2%)	202 (4.4%)
Total	471 (100%)	924 (100%)	938 (100%)	1,193 (100%)	599 (100%)	248 (100%)	185 (100%)	4,557 (100%)

Base: Participants who had ever consumed alcohol.

Excessive drinking

Excessive drinking is defined as a weekly alcohol intake of more than 210 grams (for males) and 140 grams (for females).[3] Participants' weekly alcohol intake was calculated by the frequency and quantity of consuming alcohol such as beer and wine. Among those who had ever consumed alcohol, 8.6% reported a weekly alcohol intake exceeding the recommended level, with more males (9.5%) than females (6.8%) (Table 2.4.3f). The proportions of individuals reporting excessive drinking were higher in the older groups. Alarmingly, nearly 10% of those aged 45-64 drank at a harmful level, and the observation that about 12.5% of those aged 75 and above were excessive drinkers might also be a cause for concern (Table 2.4.3g).

Table 2.4.3f: Excessive drinking (weekly alcohol intake of more than 210 g [for males] and 140 g [for females]), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
No	1,305	92.5	2,812	89.3	4,117	90.3
Yes	95	6.8	298	9.5	393	8.6
Missing	10	0.7	38	1.2	48	1.0
Total	1,409	100	3,148	100	4,557	100

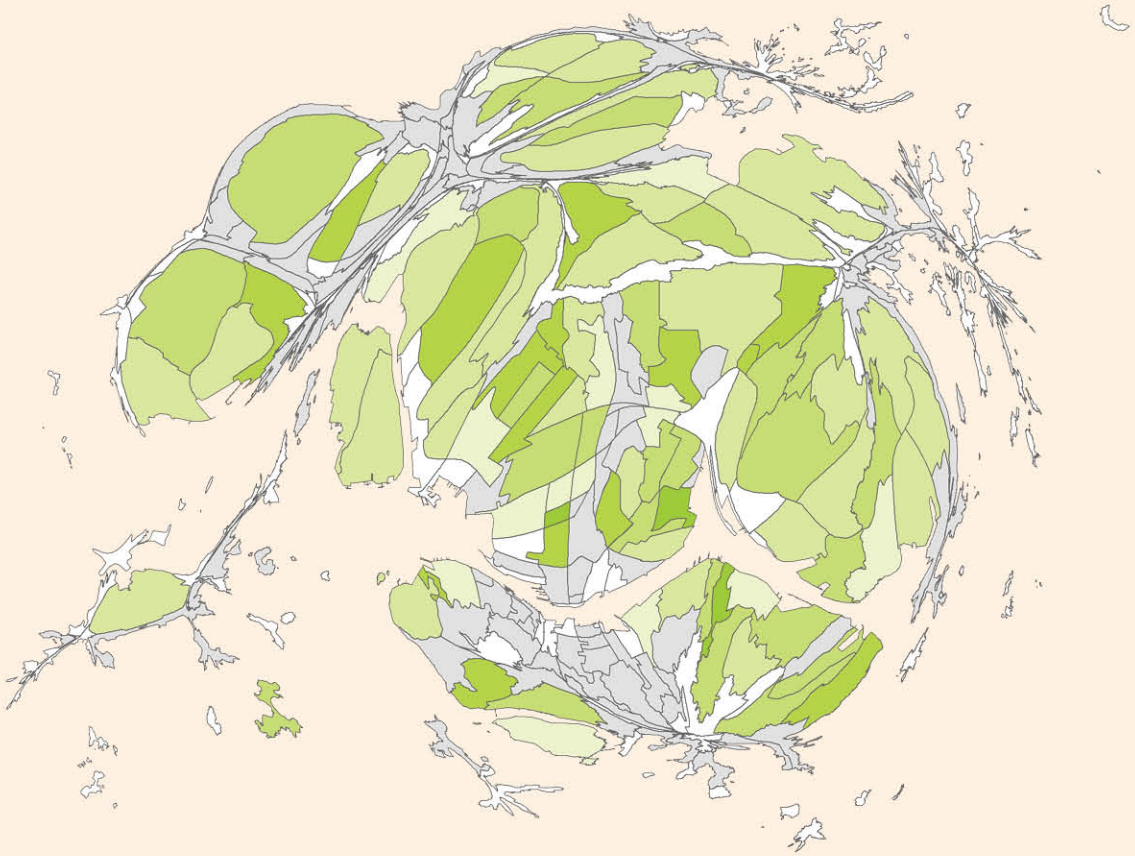
Base: Participants who had ever consumed alcohol.

Table 2.4.3g: Excessive drinking [weekly alcohol intake of more than 210 g (for males) and 140 g (for females)]: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
No	442 (94.0%)	849 (91.9%)	851 (90.7%)	1,069 (89.6%)	518 (86.4%)	229 (92.2%)	159 (86.1%)	4,117 (90.3%)
Yes	28 (5.9%)	64 (7.0%)	75 (8.0%)	112 (9.4%)	74 (12.4%)	17 (6.7%)	23 (12.5%)	393 (8.6%)
Missing	1 (0.1%)	10 (1.1%)	12 (1.3%)	12 (1.0%)	7 (1.2%)	3 (1.1%)	3 (1.5%)	48 (1.0%)
Total	471 (100%)	924 (100%)	938 (100%)	1,193 (100%)	599 (100%)	248 (100%)	185 (100%)	4,557 (100%)

Base: Participants who had ever consumed alcohol.

Figure 2.4.3a: Prevalence of excessive drinking, by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Prevalence (%)

- ≤ 0.5
- 0.6 - 7.0
- 2.0 - 4.1
- 4.2 - 6.9
- ≥ 7.0

The prevalence of excessive drinking was 2.5% for the FC sample. The highest prevalence was found in parts of Yau Ma Tei.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

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3. Royal College of Physicians. Alcohol - can the NHS afford it? Recommendations for a coherent alcohol strategy for hospitals. 2002. Accessed 27 October, 2012.
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2.4.4 Physical activity

Physical activity can help prevent or treat a number of chronic disorders, including heart disease, obesity, Type II diabetes, hypertension and COPD.[1] For adults aged 18-64, the WHO recommends at least 2.5 hours of moderate-to-vigorous physical activity per week.[2] This section examines the pattern of physical activity found in the FAMILY Cohort.

The study participants were asked whether they had engaged in any vigorous physical activity (e.g. heavy lifting, digging, aerobics, fast cycling), moderate physical activity (e.g. carrying light loads, cycling at a regular pace, doubles tennis) and/or walked for at least 10 minutes continuously in the week prior to the survey.

A higher proportion of males than females had engaged in vigorous physical activity (25.2% versus 12.5%) (Table 2.4.4a). However, there was no difference in the case of moderate physical activity (33.4% versus 32.9%) or walking (97.3% versus 97.2%).

Engaging in vigorous physical activity decreased with age. About a third of those aged 20-24 had engaged in such activity while only 4.8% of people aged 75 and above had done so (Table 2.4.4b). However, all age groups had similar distributions where both moderate physical activity and walking were concerned.

Table 2.4.4a: Engaged in physical activity in the past one week, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Vigorous physical activities						
Yes	1,089	12.5	1,843	25.2	2,932	18.3
No	7,627	87.4	5,449	74.5	13,076	81.5
Don't know	5	0.1	17	0.2	22	0.1
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100
Moderate physical activities						
Yes	2,868	32.9	2,439	33.4	5,307	33.1
No	5,849	67.0	4,862	66.5	10,711	66.8
Don't know	5	0.1	8	0.1	14	0.1
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100
Walked for at least 10 minutes continuously						
Yes	8,485	97.2	7,113	97.3	15,598	97.2
No	230	2.6	187	2.6	417	2.6
Don't know	7	0.1	9	0.1	16	0.1
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.4b: Engaged in physical activity in the past one week: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Vigorous physical activities								
Yes	421 (33.2%)	629 (24.8%)	601 (17.8%)	824 (20.2%)	316 (12.6%)	90 (7.6%)	52 (4.8%)	2,932 (18.3%)
No	841 (66.3%)	1,892 (74.6%)	2,776 (82.1%)	3,242 (79.7%)	2,192 (87.3%)	1,092 (92.4%)	1,042 (95.2%)	13,076 (81.5%)
Don't know	6 (0.4%)	14 (0.5%)	1 (0.0%)	1 (0.0%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	22 (0.1%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Moderate physical activities								
Yes	409 (32.2%)	754 (29.7%)	1,120 (33.1%)	1,440 (35.4%)	899 (35.8%)	399 (33.8%)	285 (26.1%)	5,307 (33.1%)
No	856 (67.5%)	1,777 (70.0%)	2,256 (66.7%)	2,623 (64.5%)	1,608 (64.1%)	783 (66.2%)	808 (73.9%)	10,711 (66.8%)
Don't know	3 (0.2%)	5 (0.2%)	2 (0.0%)	3 (0.1%)	1 (0.0%)	1 (0.0%)	0 (0.0%)	14 (0.1%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Walked for at least 10 minutes continuously								
Yes	1,235 (97.4%)	2,485 (98.0%)	3,310 (97.9%)	3,979 (97.8%)	2,443 (97.3%)	1,144 (96.7%)	1,002 (91.6%)	15,598 (97.2%)
No	28 (2.2%)	43 (1.7%)	66 (2.0%)	85 (2.1%)	66 (2.6%)	38 (3.2%)	92 (8.4%)	417 (2.6%)
Don't know	4 (0.3%)	7 (0.3%)	2 (0.0%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	16 (0.1%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Male participants, on average, engaged in 63 more minutes of vigorous physical activity than females (Table 2.4.4c). Although such activity decreased with age, the time spent on it increased (Table 2.4.4d).

Engagement in moderate physical activity showed no difference in duration between males and females (Table 2.4.4e), but older participants spent more time on it than younger people (Table 2.4.4f).

Among participants who walked continuously for at least 10 minutes, there was no difference in the time spent between males and females (Table 2.4.4g). Those aged 75 and above reported walking on average two hours less per week than their younger counterparts (Table 2.4.4h).

Table 2.4.4c: Duration of vigorous physical activity, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Number of minutes per week						
Below 60	152	14.0	172	9.3	324	11.1
60 and above						
60 - 119.9	249	22.8	422	22.9	671	22.9
120 - 179.9	183	16.8	308	16.7	491	16.8
180 - 239.9	146	13.4	207	11.3	353	12.0
240 - 299.9	102	9.3	175	9.5	276	9.4
300 and above	247	22.6	535	29.1	782	26.7
Missing	11	1.0	23	1.3	34	1.2
Total	1,089	100	1,843	100	2,932	100
Mean	230.7		293.8		270.3	
Median	120.0		180.0		150.0	
Standard deviation	263.5		339.5		314.8	

Base: Participants who had performed vigorous physical activities in the past one week.

Table 2.4.4d: Duration of vigorous physical activity: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Number of minutes per week								
Below 60	47 (11.2%)	57 (9.1%)	79 (13.1%)	111 (13.4%)	20 (6.2%)	4 (4.5%)	7 (13.4%)	324 (11.1%)
60 and above								
60 - 119.9	81 (19.3%)	178 (28.3%)	163 (27.1%)	167 (20.2%)	62 (19.8%)	18 (20.0%)	1 (2.2%)	671 (22.9%)
120 - 179.9	61 (14.5%)	129 (20.5%)	101 (16.9%)	152 (18.5%)	38 (12.2%)	8 (8.8%)	1 (2.8%)	491 (16.8%)
180 - 239.9	57 (13.6%)	67 (10.7%)	60 (9.9%)	97 (11.8%)	50 (15.9%)	12 (13.6%)	9 (18.2%)	353 (12.0%)
240 - 299.9	54 (12.9%)	63 (10.0%)	57 (9.5%)	69 (8.4%)	22 (7.1%)	10 (11.4%)	1 (1.7%)	276 (9.4%)
300 and above	119 (28.2%)	132 (21.0%)	133 (22.2%)	209 (25.4%)	119 (37.8%)	37 (41.2%)	32 (61.6%)	782 (26.7%)
Missing	1 (0.2%)	4 (0.6%)	7 (1.1%)	19 (2.3%)	4 (1.1%)	1 (0.6%)	0 (0.0%)	34 (1.2%)
Total	421 (100%)	629 (100%)	601 (100%)	824 (100%)	316 (100%)	90 (100%)	52 (100%)	2,932 (100%)
Mean	248.4	230.8	243.0	286.6	341.7	359.9	399.5	270.3
Median	180.0	120.0	120.0	135.0	210.0	240.0	360.0	150.0
Standard deviation	240.7	270.8	308.1	352.5	352.9	360.6	330.2	314.8

Base: Participants who had performed vigorous physical activities in the past one week.

Table 2.4.4e: Duration of moderate physical activity, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Number of minutes per week						
Below 60	300	10.5	299	12.3	599	11.3
60 and above						
60 - 119.9	595	20.7	546	22.4	1,141	21.5
120 - 179.9	325	11.3	368	15.1	693	13.1
180 - 239.9	482	16.8	355	14.6	836	15.8
240 - 299.9	129	4.5	109	4.5	238	4.5
300 and above	1,025	35.7	737	30.2	1,761	33.2
Missing	13	0.5	25	1.0	38	0.7
Total	2,868	100	2,439	100	5,307	100
Mean	305.9		294.5		300.7	
Median	210.0		150.0		180.0	
Standard deviation	313.3		337.3		324.5	

Base: Participants who had performed moderate physical activities in the past one week.

Table 2.4.4f: Duration of moderate physical activity: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Number of minutes per week								
Below 60	46 (11.3%)	114 (15.2%)	160 (14.2%)	164 (11.4%)	83 (9.3%)	23 (5.7%)	8 (3.0%)	599 (11.3%)
60 and above								
60 - 119.9	101 (24.6%)	182 (24.2%)	297 (26.5%)	327 (22.7%)	147 (16.4%)	55 (13.7%)	33 (11.4%)	1,141 (21.5%)
120 - 179.9	51 (12.5%)	116 (15.4%)	146 (13.0%)	229 (15.9%)	92 (10.2%)	30 (7.5%)	30 (10.4%)	693 (13.1%)
180 - 239.9	66 (16.3%)	99 (13.2%)	163 (14.6%)	214 (14.8%)	129 (14.4%)	100 (25.0%)	64 (22.6%)	836 (15.8%)
240 - 299.9	21 (5.1%)	35 (4.6%)	45 (4.0%)	64 (4.4%)	45 (5.0%)	17 (4.2%)	13 (4.4%)	238 (4.5%)
300 and above	123 (30.1%)	201 (26.7%)	301 (26.9%)	425 (29.5%)	399 (44.4%)	175 (43.9%)	137 (48.2%)	1,761 (33.2%)
Missing	1 (0.2%)	6 (0.8%)	9 (0.8%)	18 (1.2%)	4 (0.4%)	0 (0.0%)	0 (0.1%)	38 (0.7%)
Total	409 (100%)	754 (100%)	1,120 (100%)	1,440 (100%)	899 (100%)	399 (100%)	285 (100%)	5,307 (100%)
Mean	289.1	276.9	273.5	290.7	350.9	316.3	355.4	300.7
Median	180.0	120.0	120.0	150.0	210.0	210.0	280.0	180.0
Standard deviation	333.3	336.9	328.2	335.9	330.2	239.5	264.2	324.5

Base: Participants who had performed moderate physical activities in the past one week.

Table 2.4.4g: Duration of walking for at least 10 minutes continuously, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Number of minutes per week						
Below 120	515	6.1	407	5.7	922	5.9
120 and above						
120 - 239.9	1,896	22.3	1,776	25.0	3,672	23.5
240 - 359.9	359	4.2	300	4.2	659	4.2
360 - 479.9	1,950	23.0	1,521	21.4	3,472	22.3
480 - 599.9	40	0.5	30	0.4	70	0.4
600 and above	3,709	43.7	3,051	42.9	6,760	43.3
Missing	15	0.2	29	0.4	44	0.3
Total	8,485	100	7,113	100	15,598	100
Mean	607.3		603.3		605.4	
Median	420.0		420.0		420.0	
Standard deviation	411.1		420.2		415.2	

Base: Participants who had walked for at least 10 minutes continuously in the past one week.

Table 2.4.4h: Duration of walking for at least 10 minutes continuously: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Number of minutes per week								
Below 120	78 (6.3%)	142 (5.7%)	186 (5.6%)	256 (6.4%)	115 (4.7%)	52 (4.5%)	93 (9.3%)	922 (5.9%)
120 and above								
120 - 239.9	269 (21.8%)	605 (24.3%)	802 (24.2%)	967 (24.3%)	499 (20.4%)	273 (23.8%)	257 (25.7%)	3,672 (23.5%)
240 - 359.9	51 (4.1%)	83 (3.3%)	194 (5.9%)	160 (4.0%)	89 (3.6%)	50 (4.4%)	32 (3.2%)	659 (4.2%)
360 - 479.9	257 (20.8%)	605 (24.3%)	718 (21.7%)	797 (20.0%)	530 (21.7%)	281 (24.6%)	283 (28.3%)	3,472 (22.3%)
480 - 599.9	5 (0.4%)	10 (0.4%)	24 (0.7%)	10 (0.2%)	14 (0.6%)	3 (0.3%)	4 (0.4%)	70 (0.4%)
600 and above	574 (46.5%)	1,035 (41.6%)	1,375 (41.5%)	1,768 (44.4%)	1,192 (48.8%)	484 (42.3%)	332 (33.2%)	6,760 (43.3%)
Missing	1 (0.1%)	6 (0.3%)	10 (0.3%)	22 (0.5%)	5 (0.2%)	1 (0.0%)	0 (0.0%)	44 (0.3%)
Total	1,235 (100%)	2,485 (100%)	3,310 (100%)	3,979 (100%)	2,443 (100%)	1,144 (100%)	1,002 (100%)	15,598 (100%)
Mean	647.6	604.5	600.9	611.0	638.5	572.7	505.9	605.4
Median	420.0	420.0	420.0	420.0	420.0	420.0	420.0	420.0
Standard deviation	438.7	420.3	420.2	422.1	407.5	376.0	369.6	415.2

Base: Participants who had walked for at least 10 minutes continuously in the past one week.

Overall, 29.0% of the participants complied with the WHO physical activity recommendations (Table 2.4.4i), with a higher proportion of males (32.6%) than females (26.0%) doing so. More than a third (35.7%) of those aged 20-24 complied with the guidelines (Table 2.4.4j), while only a quarter of those aged 75 and above (22.9%) did so.

Table 2.4.4i: Compliance with WHO recommendations (≥150 minutes of moderate-to-vigorous physical activity per week), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
≥150 minutes of MVPA per week						
Yes	2,273	26.0	2,385	32.6	4,658	29.0
No	6,435	73.7	4,896	67.0	11,331	70.6
Missing	20	0.2	31	0.4	51	0.3
Total	8,727	100	7,312	100	16,039	100

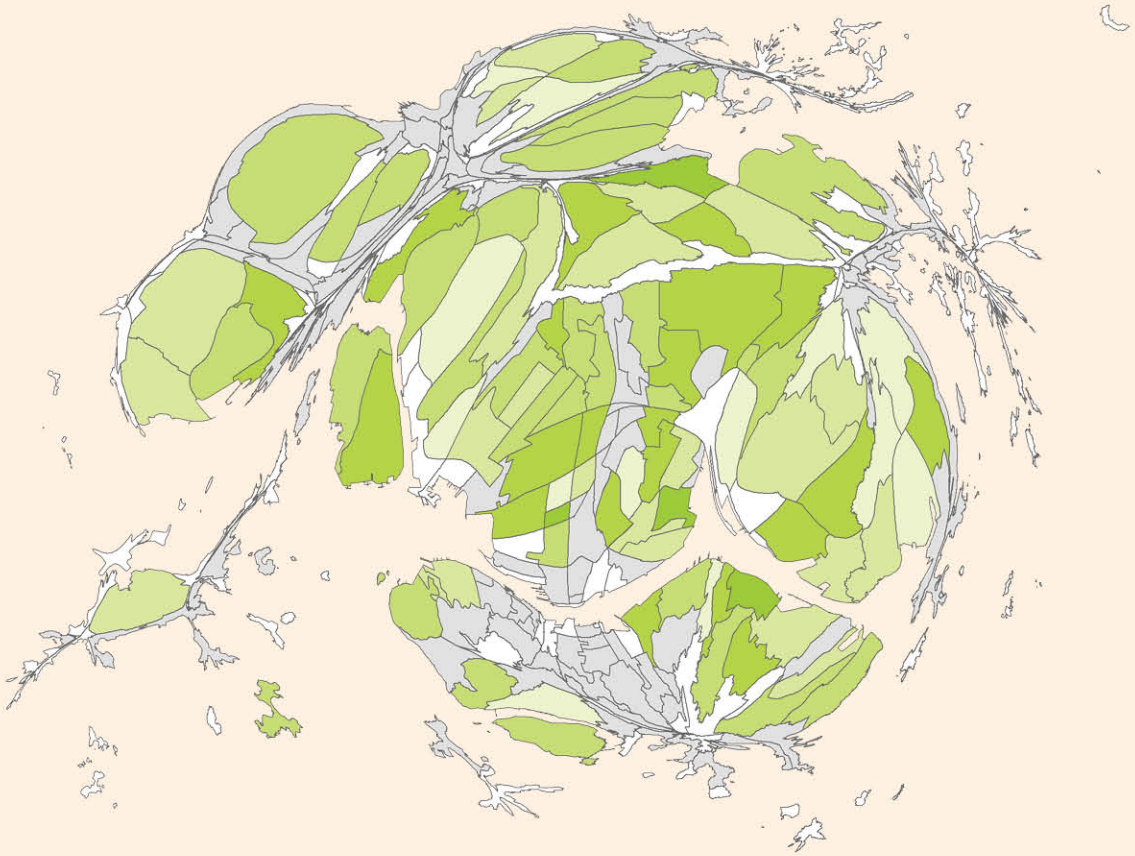
MVPA: Moderate-to-vigorous physical activity

Table 2.4.4j: Compliance with WHO recommendations (≥150 minutes of moderate-to-vigorous physical activity per week): number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
≥150 minutes of MVPA per week								
Yes	452 (35.7%)	724 (28.5%)	854 (25.3%)	1,252 (30.8%)	775 (30.9%)	350 (29.6%)	250 (22.9%)	4,658 (29.0%)
No	814 (64.2%)	1,805 (71.2%)	2,513 (74.4%)	2,794 (68.7%)	1,729 (68.9%)	832 (70.3%)	844 (77.1%)	11,331 (70.6%)
Missing	1 (0.1%)	8 (0.3%)	13 (0.4%)	23 (0.6%)	6 (0.2%)	1 (0.0%)	0 (0.0%)	51 (0.3%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

MVPA: Moderate-to-vigorous physical activity

Figure 2.4.4a: Prevalence of compliance with the WHO physical activity recommendations, by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Prevalence (%)

- ≤ 22.0
- 22.1 - 27.0
- 27.1 - 32.5
- 32.6 - 42.0
- ≥ 42.1

Prevalence of adequate physical activity, according to the WHO physical activity recommendations, was 29.1% for the FC sample, with the highest prevalence in parts of Sha Tin, Fo Tan and Kau To.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Sedentary behaviour

Prolonged sitting time is a risk factor for all-cause mortality, independent of physical activity.[3,4] In the FAMILY Cohort, the pattern of sitting among participants was examined. Overall, the mean number of hours of sitting per day was about 6.2, and the time spent did not differ by sex (Table 2.4.4k). Younger participants aged 34 and below spent more time sitting than those aged 35 and above (Table 2.4.4l).

Table 2.4.4k: Minutes on an average day spent on sitting over the past one week, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Below 120	298	3.4	209	2.9	507	3.2
120 and above						
120-239.9	1,593	18.2	1,328	18.2	2,920	18.2
240-359.9	2,144	24.6	1,794	24.5	3,938	24.6
360-479.9	1,757	20.1	1,350	18.5	3,107	19.4
480-599.9	1,409	16.1	1,202	16.4	2,612	16.3
600 and above	1,454	16.7	1,361	18.6	2,815	17.5
Missing	72	0.8	68	0.9	140	0.9
Total	8,727	100	7,312	100	16,039	100
Mean	367.5		376.5		371.6	
Median	360.0		360.0		360.0	
Standard deviation	181.1		187.2		184.0	

Table 2.4.4l: Minutes on an average day spent on sitting over the past one week: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Below 120	25 (2.0%)	55 (2.2%)	125 (3.7%)	147 (3.6%)	88 (3.5%)	33 (2.8%)	34 (3.1%)	507 (3.2%)
120 and above								
120-239.9	142 (11.2%)	343 (13.5%)	568 (16.8%)	862 (21.2%)	598 (23.8%)	246 (20.8%)	161 (14.7%)	2,920 (18.2%)
240-359.9	217 (17.1%)	510 (20.1%)	813 (24.0%)	1,066 (26.2%)	663 (26.4%)	372 (31.5%)	298 (27.2%)	3,938 (24.6%)
360-479.9	250 (19.7%)	435 (17.1%)	570 (16.9%)	736 (18.1%)	575 (22.9%)	278 (23.5%)	263 (24.0%)	3,107 (19.4%)
480-599.9	293 (23.1%)	532 (21.0%)	602 (17.8%)	559 (13.8%)	312 (12.4%)	140 (11.8%)	173 (15.8%)	2,612 (16.3%)
600 and above	337 (26.5%)	640 (25.2%)	678 (20.1%)	651 (16.0%)	250 (10.0%)	105 (8.9%)	154 (14.1%)	2,815 (17.5%)
Missing	4 (0.3%)	21 (0.8%)	24 (0.7%)	47 (1.2%)	24 (0.9%)	8 (0.7%)	12 (1.1%)	140 (0.9%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	429.1	419.9	383.6	354.1	328.4	328.0	366.0	371.6
Median	450.0	420.0	360.0	300.0	300.0	300.0	360.0	360.0
Standard deviation	179.7	191.3	192.4	185.0	165.1	150.0	168.0	184.0

In the FAMILY Cohort, the patterns of watching television with family members were assessed. 57.3% of the participants did so on weekdays, and 65.9% at weekends, the mean hours spent in this way being 1.9 and 2.2 respectively, with no difference by sex either on weekdays or at weekends (Table 2.4.4m). Participants spent more time (30 minutes) watching television at weekends than on weekdays. On weekdays, participants aged 54 and below, on average, watched less than two hours per day, while those aged 55 and above watched more than two (Table 2.4.4n).

Table 2.4.4m: Watching television with family members, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
On weekdays						
Yes (hours per day)						
Below 1	328	3.8	287	3.9	615	3.8
1.0 - 1.9	1,745	20.0	1,501	20.5	3,246	20.2
2.0 - 2.9	1,849	21.2	1,385	18.9	3,234	20.2
3.0 - 3.9	763	8.7	685	9.4	1,448	9.0
4.0 and above	372	4.3	281	3.8	653	4.1
Mean	1.92		1.91		1.92	
Median	2.00		2.00		2.00	
Standard deviation	1.11		1.12		1.11	
No	3,665	42.0	3,169	43.3	6,835	42.6
Missing	6	0.1	3	0.0	9	0.1
Total	8,727	100	7,312	100	16,039	100
At weekends						
Yes (hours per day)						
Below 1	215	2.5	149	2.0	365	2.3
1.0 - 1.9	1,611	18.5	1,352	18.5	2,963	18.5
2.0 - 2.9	2,002	22.9	1,700	23.2	3,702	23.1
3.0 - 3.9	1,202	13.8	1,023	14.0	2,255	13.9
4.0 and above	748	8.6	553	7.6	1,301	8.1
Mean	2.22		2.22		2.22	
Median	2.00		2.00		2.00	
Standard deviation	1.23		1.24		1.24	
No	2,943	33.7	2,531	34.6	5,474	34.1
Missing	5	0.1	4	0.1	9	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.4.4n: Watching television with family members: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
On weekdays								
Yes (hours per day)								
Below 1	62 (4.9%)	131 (5.2%)	138 (4.1%)	185 (4.5%)	63 (2.5%)	20 (1.7%)	16 (1.5%)	615 (3.8%)
1.0 - 1.9	308 (24.3%)	525 (20.7%)	762 (22.6%)	840 (20.6%)	457 (18.2%)	189 (16.0%)	164 (15.0%)	3,246 (20.2%)
2.0 - 2.9	225 (17.8%)	522 (20.6%)	728 (21.5%)	851 (20.9%)	504 (20.1%)	221 (18.7%)	183 (16.7%)	3,234 (20.2%)
3.0 - 3.9	77 (6.1%)	199 (7.8%)	284 (8.4%)	386 (9.5%)	257 (10.2%)	138 (11.7%)	108 (9.8%)	1,448 (9.0%)
4.0 and above	39 (3.1%)	93 (3.7%)	107 (3.2%)	154 (3.8%)	114 (4.6%)	68 (5.8%)	77 (7.0%)	653 (4.1%)
Mean	1.69	1.83	1.82	1.91	2.02	2.20	2.26	1.92
Median	1.50	2.00	2.00	2.00	2.00	2.00	2.00	2.00
Standard deviation	0.98	1.07	1.01	1.14	1.08	1.26	1.38	1.11
No	556 (43.9%)	1,066 (42.0%)	1,358 (40.2%)	1,650 (40.6%)	1,113 (44.4%)	545 (46.1%)	546 (49.9%)	6,835 (42.6%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	3 (0.1%)	1 (0.0%)	1 (0.1%)	0 (0.0%)	9 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
At weekends								
Yes (hours per day)								
Below 1	37 (3.0%)	62 (2.4%)	67 (2.0%)	105 (2.6%)	59 (2.4%)	19 (1.6%)	15 (1.4%)	365 (2.3%)
1.0 - 1.9	267 (21.1%)	502 (19.8%)	662 (19.6%)	736 (18.1%)	435 (17.3%)	187 (15.8%)	175 (16.0%)	2,963 (18.5%)
2.0 - 2.9	305 (24.0%)	560 (22.1%)	901 (26.7%)	999 (24.6%)	544 (21.7%)	220 (18.6%)	173 (15.8%)	3,702 (23.1%)
3.0 - 3.9	142 (11.2%)	335 (13.2%)	490 (14.5%)	621 (15.3%)	336 (13.4%)	171 (14.5%)	129 (11.8%)	2,225 (13.9%)
4.0 and above	71 (5.6%)	212 (8.4%)	306 (9.0%)	336 (8.3%)	191 (7.6%)	89 (7.5%)	96 (8.8%)	1,301 (8.1%)
Mean	2.01	2.20	2.24	2.23	2.22	2.30	2.32	2.22
Median	2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.00
Standard deviation	1.09	1.26	1.25	1.22	1.23	1.27	1.38	1.24
No	445 (35.1%)	864 (34.1%)	952 (28.2%)	1,269 (31.2%)	942 (37.6%)	497 (42.0%)	505 (46.2%)	5,474 (34.1%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	1 (0.1%)	9 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Physical activity with family members

On weekends and weekdays, time spent engaging in physical activity with family members did not differ by sex (Table 2.4.4o), though participants reported spending an average of 20 minutes more over the weekends than on weekdays. Those aged 20-24 and 55-64 spent on average 12 minutes more on such activity on weekdays (Table 2.4.4p).

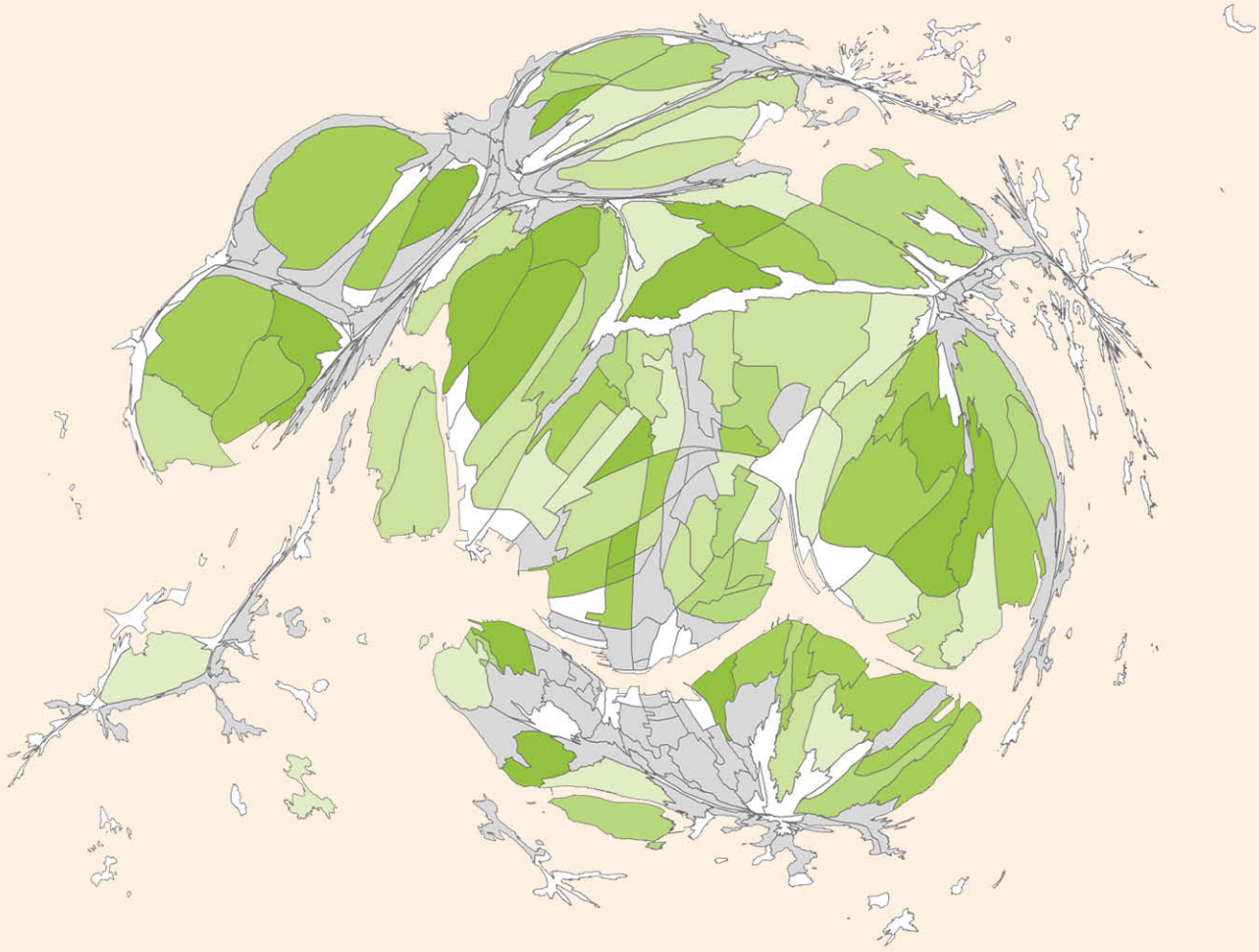
Table 2.4.4o: Physical activity with family members, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
On weekdays						
Yes (hours per day)						
Below 1	229	2.6	192	2.6	421	2.6
1.0 - 1.9	420	4.8	333	4.6	753	4.7
2.0 - 2.9	85	1.0	69	0.9	154	1.0
3.0 and above	23	0.3	13	0.2	36	0.2
Mean	1.05		1.01		1.03	
Median	1.00		1.00		1.00	
Standard deviation	0.69		0.57		0.64	
No	7,965	91.3	6,703	91.7	14,667	91.4
Missing	5	0.1	3	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100
At weekends						
Yes (hours per day)						
Below 1	203	2.3	214	2.9	417	2.6
1.0 - 1.9	701	8.0	533	7.3	1,235	7.7
2.0 - 2.9	264	3.0	203	2.8	467	2.9
3.0 and above	105	1.2	97	1.3	202	1.3
Mean	1.38		1.34		1.36	
Median	1.00		1.00		1.00	
Standard deviation	0.94		0.93		0.93	
No	7,449	85.3	6,262	85.6	13,710	85.5
Missing	5	0.1	3	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.4.4p: Physical activity with family members: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
On weekdays								
Yes (hours per day)								
Below 1	13 (1.0%)	94 (3.7%)	113 (3.4%)	110 (2.7%)	31 (1.3%)	31 (2.7%)	27 (2.5%)	421 (2.6%)
1.0 - 1.9	23 (1.8%)	105 (4.2%)	200 (5.9%)	181 (4.5%)	141 (5.6%)	64 (5.4%)	38 (3.4%)	753 (4.7%)
2.0 - 2.9	13 (1.0%)	32 (1.3%)	28 (0.8%)	39 (1.0%)	27 (1.1%)	11 (0.9%)	4 (0.4%)	154 (1.0%)
3.0 and above	3 (0.2%)	3 (0.1%)	7 (0.2%)	11 (0.3%)	9 (0.4%)	1 (0.1%)	2 (0.1%)	36 (0.2%)
Mean	1.22	0.96	0.97	1.02	1.21	1.01	0.95	1.03
Median	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Standard deviation	0.76	0.59	0.59	0.59	0.80	0.52	0.61	0.64
No	1,216 (95.9%)	2,300 (90.7%)	3,029 (89.6%)	3,725 (91.6%)	2,301 (91.7%)	1,074 (90.9%)	1,023 (93.5%)	14,667 (91.4%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
At weekends								
Yes (hours per day)								
Below 1	13 (1.0%)	58 (2.3%)	132 (3.9%)	122 (3.0%)	46 (1.8%)	22 (1.9%)	23 (2.1%)	417 (2.6%)
1.0 - 1.9	44 (3.5%)	217 (8.6%)	359 (10.6%)	288 (7.1%)	193 (7.7%)	84 (7.1%)	49 (4.5%)	1,235 (7.7%)
2.0 - 2.9	17 (1.4%)	94 (3.7%)	132 (3.9%)	129 (3.2%)	44 (1.7%)	29 (2.4%)	23 (2.1%)	467 (2.9%)
3.0 and above	5 (0.4%)	21 (0.8%)	64 (1.9%)	62 (1.5%)	39 (1.5%)	4 (0.4%)	7 (0.7%)	202 (1.3%)
Mean	1.29	1.32	1.36	1.40	1.43	1.27	1.27	1.36
Median	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Standard deviation	0.79	0.74	0.97	0.99	1.07	0.89	0.72	0.93
No	1,188 (93.7%)	2,145 (84.6%)	2,690 (79.6%)	3,466 (85.2%)	2,187 (87.1%)	1,044 (88.3%)	991 (90.6%)	13,710 (85.5%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Figure 2.4.4b: Mean duration of engaging in physical activity with family members (weekdays), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Hours per day

- ≤ 0.8
- 0.9
- 1.0 - 1.1
- 1.2
- ≥ 1.3

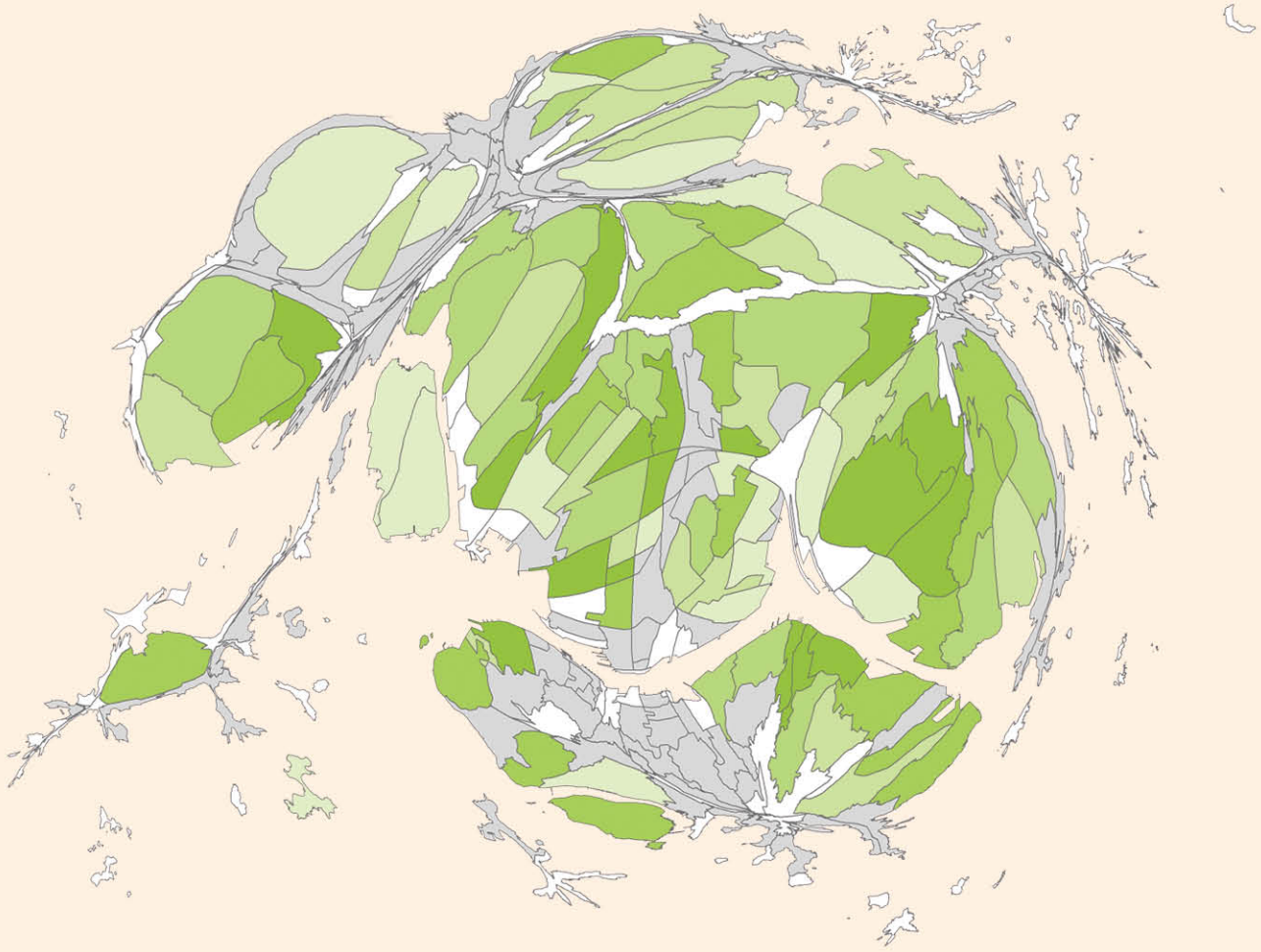
Mean duration of engaging physical activity with family members was 1.03 hours per weekday for the FC sample. Part of Sheung Shui reported the longest duration.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Figure 2.4.4c: Mean duration of engaging in physical activity with family members (weekend) by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Hours per day

- ≤ 1.11
- 1.12 - 1.23
- 1.24 - 1.39
- 1.40 - 1.63
- ≥ 1.64

Mean duration of engaging in physical activity with family members was 1.36 hours per day during weekend for the FC sample. Area that reported the longest duration was part of North Point.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

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2.4.5 Gambling

The FAMILY Cohort asked the participants about their engagement in various gambling activities over the past one year, and the money they had spent on it.

Mark Six

44.3% of participants had bet on the Mark Six at least once in the past one year, 12.5% less than once a month, 19.6% 1-4 times a month and 12.2% more than once a week. More males (55.1%) had done so at least once in the past one year than females (35.3%), and more males (18.0%) more than once a week than females (7.4%) (Table 2.4.5a). The proportions of those having ever bet over the past one year showed a bell-shaped pattern, with the lowest in the youngest (29.2%) and oldest (22.5%) groups and the highest among those aged 45-54 (52.4%). The proportion of those betting more than once a week also showed a bell-shaped pattern, with the highest among those aged 45-54 (16.5%) (Table 2.4.5b).

As far as different income groups were concerned, the proportion of those who had bet on the Mark Six at least once in the past one year increased with individual monthly income. Only 35.7% of those with no income and 30.3% of those with an income of less than $4,000 a month had bet on the Mark Six, compared with over 50% among those with higher incomes. The proportion of those betting more than once a week was highest among those with a monthly income between $10,000 and $20,000 (16.8%) (Table 2.4.5c).

Table 2.4.5a: Betting on the Mark Six in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	5,644	64.7	3,281	44.9	8,926	55.6
Less than once a month	1,131	13.0	876	12.0	2,007	12.5
1-4 times a month	1,304	14.9	1,835	25.1	3,139	19.6
More than once a week	642	7.4	1,317	18.0	1,960	12.2
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.5b: Betting on the Mark Six in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	897 (70.7%)	1,373 (54.1%)	1,773 (52.5%)	1,934 (47.5%)	1,356 (54.0%)	745 (63.0%)	848 (77.5%)	8,926 (55.6%)
Less than once a month	177 (14.0%)	354 (14.0%)	422 (12.5%)	560 (13.8%)	267 (10.6%)	138 (11.7%)	87 (8.0%)	2,007 (12.5%)
1-4 times a month	158 (12.4%)	572 (22.5%)	738 (21.8%)	899 (22.1%)	507 (20.2%)	171 (14.4%)	96 (8.8%)	3,139 (20.1%)
More than once a week	36 (2.8%)	236 (9.3%)	444 (13.1%)	673 (16.5%)	379 (15.1%)	129 (10.9%)	62 (5.7%)	1,960 (12.2%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 2.4.5c: Betting on the Mark Six in the past one year: number of persons (%) by individual monthly income

	No income	$1-$3,999	$4,000-$7,999	$8,000-$9,999	$10,000-$19,999	$20,000-$29,999	≥$30,000	Total
None	2,145 (64.3%)	1,625 (69.5%)	1,077 (55.9%)	711 (52.0%)	1,871 (44.7%)	604 (47.2%)	892 (55.8%)	8,926 (55.6%)
Less than once a month	402 (12.0%)	237 (10.1%)	253 (13.2%)	158 (11.5%)	523 (12.5%)	203 (15.8%)	231 (14.4%)	2,007 (12.5%)
1-4 times a month	475 (14.2%)	294 (12.6%)	384 (19.9%)	299 (21.9%)	1,092 (26.1%)	316 (24.7%)	279 (17.5%)	3,139 (20.1%)
More than once a week	316 (9.5%)	177 (7.6%)	210 (10.9%)	199 (14.5%)	703 (16.8%)	158 (12.3%)	198 (12.4%)	1,960 (12.2%)
Missing	1 (0.0%)	4 (0.2%)	2 (0.1%)	0 (0.0%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	3,338 (100%)	2,337 (100%)	1,925 (100%)	1,367 (100%)	4,191 (100%)	1,281 (100%)	1,599 (100%)	16,039 (100%)

Horse racing

12.2% of participants had bet on horse racing at least once in the past one year, 1.7% less than once a month and 10.5% at least once a month. As with the Mark Six, more males (23.6%) had bet on horse racing at least once in the past one year than females (2.5%), and more males (11.0%) more than once a week than females (0.7%) (Table 2.4.5d). The proportions of those who had ever bet over the past one year showed a bell-shaped pattern, with the lowest in the youngest (4.4%) and oldest (7.8%) groups and the highest among those aged 65-74 (17.2%). The proportions of those betting more than once a week was also lowest among the youngest (0.2%), and highest among those aged 65-74 (8.7%) (Table 2.4.5e). The proportions of those who had bet at least once in the past one year were lowest among those with no (7.8%) or less than $4,000 monthly income (9.1%) and among those who earned more than $30,000 a month (7.2%). The proportion of those betting more than once a week was highest among those with an individual monthly income between $10,000 and $20,000 (8.2%) (Table 2.4.5f).

Table 2.4.5d: Betting on horse racing in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	8,501	97.4	5,586	76.4	14,087	87.8
Less than once a month	63	0.7	203	2.8	267	1.7
1-4 times a month	93	1.1	717	9.8	810	5.1
More than once a week	64	0.7	803	11.0	867	5.4
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.5e: Betting on horse racing in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	1,211 (95.5%)	2,347 (92.5%)	3,046 (90.1%)	3,402 (83.6%)	2,092 (83.4%)	980 (82.9%)	1,009 (92.3%)	14,087 (87.8%)
Less than once a month	27 (2.1%)	49 (1.9%)	51 (1.5%)	73 (1.8%)	35 (1.4%)	28 (2.4%)	4 (0.4%)	267 (1.7%)
1-4 times a month	27 (2.1%)	87 (3.4%)	145 (4.3%)	266 (6.5%)	185 (7.4%)	72 (6.1%)	27 (2.5%)	810 (5.1%)
More than once a week	3 (0.2%)	52 (2.0%)	135 (4.0%)	325 (8.0%)	196 (7.8%)	103 (8.7%)	53 (4.9%)	867 (5.4%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 2.4.5f: Betting on horse racing in the past one year: number of persons (%) by individual monthly income (HKD)

	No income	$1-$3,999	$4,000-$7,999	$8,000-$9,999	$10,000-$19,999	$20,000-$29,999	≥$30,000	Total
None	3,077 (92.2%)	2,120 (90.7%)	1,696 (88.1%)	1,140 (83.4%)	3,455 (82.4%)	1,115 (87.0%)	1,483 (92.8%)	14,087 (87.8%)
Less than once a month	34 (1.0%)	28 (1.2%)	30 (1.5%)	33 (2.4%)	87 (2.1%)	23 (1.8%)	31 (1.9%)	267 (1.7%)
1-4 times a month	90 (2.7%)	93 (4.0%)	101 (5.2%)	98 (7.1%)	304 (7.3%)	81 (6.3%)	42 (2.7%)	810 (5.1%)
More than once a week	136 (4.1%)	92 (3.9%)	97 (5.0%)	96 (7.0%)	343 (8.2%)	61 (4.8%)	42 (2.6%)	867 (5.4%)
Missing	1 (0.0%)	4 (0.2%)	2 (0.1%)	0 (0.0%)	1 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	3,338 (100%)	2,337 (100%)	1,925 (100%)	1,367 (100%)	4,191 (100%)	1,281 (100%)	1,599 (100%)	16,039 (100%)

Football

4.9% of participants had bet on football at least once in the past one year, more males (10.3%) than females (0.6%) (Table 2.4.5g). The practice was more common among those aged 20-54 than those aged 55 and above (Table 2.4.5h), and the proportions of those engaging in it were lowest among those with no (1.6%) or less than $4,000 monthly income (1.9%). Those who earned at least $10,000 a month showed a higher prevalence, around 10%, of betting on football (Table 2.4.5i).

Table 2.4.5g: Betting on football in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	8,673	99.4	6,555	89.7	15,228	94.9
Less than once a month	21	0.2	130	1.8	151	0.9
1-4 times a month	22	0.3	338	4.6	360	2.2
More than once a week	7	0.1	286	3.9	292	1.8
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.5h: Betting on football in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	1,187 (93.6%)	2,348 (92.6%)	3,185 (94.2%)	3,819 (93.9%)	2,436 (97.1%)	1,163 (98.3%)	1,090 (99.7%)	15,228 (94.9%)
Less than once a month	28 (2.2%)	40 (1.6%)	30 (0.9%)	39 (1.0%)	6 (0.2%)	7 (0.6%)	1 (0.1%)	151 (0.9%)
1-4 times a month	40 (3.1%)	93 (3.7%)	84 (2.5%)	100 (2.5%)	33 (1.3%)	9 (0.8%)	1 (0.1%)	360 (2.2%)
More than once a week	13 (1.0%)	54 (2.1%)	78 (2.3%)	108 (2.7%)	34 (1.3%)	4 (0.3%)	2 (0.2%)	292 (1.8%)
Missing	0 (2.2%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 2.4.5i: Betting on football in the past one year: number of persons (%) by individual monthly income (HKD)

	No income	$1-$3,999	$4,000-$7,999	$8,000-$9,999	$10,000-$19,999	$20,000-$29,999	≥$30,000	Total
None	3,285 (98.4%)	2,289 (97.9%)	1,857 (96.4%)	1,266 (92.6%)	3,841 (91.7%)	1,179 (92.0%)	1,511 (94.5%)	15,228 (94.9%)
Less than once a month	15 (0.5%)	13 (0.5%)	16 (0.8%)	14 (1.1%)	52 (1.2%)	22 (1.7%)	18 (1.1%)	151 (0.9%)
1-4 times a month	21 (0.6%)	21 (0.9%)	33 (1.7%)	49 (3.6%)	173 (4.1%)	39 (3.0%)	24 (1.5%)	360 (2.2%)
More than once a week	16 (0.5%)	10 (0.5%)	18 (0.9%)	38 (2.8%)	123 (2.9%)	41 (3.2%)	45 (2.8%)	292 (1.8%)
Missing	1 (0.0%)	4 (0.2%)	2 (0.1%)	0(0.0%)	1 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	3,338 (100%)	2,337 (100%)	1,925 (100%)	1,367 (100%)	4,191 (100%)	1,281 (100%)	1,599 (100%)	16,039 (100%)

Casinos/cruise ships/mahjong parlours

1.7% of participants had gambled in casinos, cruise ships or mahjong parlours at least once in the past one year. There were no apparent differences between males and females (Table 2.4.5j) or among age (Table 2.4.5k) and income groups (Table 2.4.5l).

Table 2.4.5j: Gambling in casinos/cruise ships/mahjong parlours in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	8,626	98.8	7,141	97.7	15,767	98.3
Less than once a month	83	1.0	131	1.8	214	1.3
1-4 times a month	11	0.1	31	0.4	42	0.3
More than once a week	2	0.0	6	0.1	8	0.1
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.5k: Gambling in casinos/cruise ships/mahjong parlours in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	1,236 (97.5%)	2,465 (97.2%)	3,321 (98.2%)	4,013 (98.6%)	2,478 (98.8%)	1,165 (98.5%)	1,089 (99.6%)	15,767 (98.3%)
Less than once a month	28 (2.2%)	64 (2.5%)	46 (1.4%)	42 (1.0%)	19 (0.8%)	11 (0.9%)	4 (0.4%)	214 (1.3%)
1-4 times a month	3 (0.3%)	5 (0.2%)	8 (0.2%)	10 (0.2%)	10 (0.4%)	6 (0.5%)	0 (0.0%)	42 (0.3%)
More than once a week	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	1 (0.1%)	8 (0.1%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 2.4.5l: Gambling in casinos/cruise ships/mahjong parlours in the past one year: number of persons (%) by individual monthly income (HKD)

	No income	$1-$3,999	$4,000-$7,999	$8,000-$9,999	$10,000-$19,999	$20,000-$29,999	≥$30,000	Total
None	3,308 (99.1%)	2,314 (99.0%)	1,900 (98.7%)	1,338 (97.9%)	4,078 (97.3%)	1,251 (97.6%)	1,579 (98.8%)	15,767 (98.3%)
Less than once a month	18 (0.5%)	11 (0.5%)	19 (1.0%)	28 (2.1%)	91 (2.2%)	27 (2.1%)	18 (1.1%)	214 (1.3%)
1-4 times a month	10 (0.3%)	7 (0.3%)	3 (0.2%)	1 (0.1%)	16 (0.4%)	3 (0.2%)	2 (0.1%)	42 (0.3%)
More than once a week	1 (0.0%)	1 (0.0%)	1 (0.1%)	0 (0.0%)	4 (0.1%)	1 (0.1%)	0 (0.0%)	8 (0.1%)
Missing	1 (0.0%)	4 (0.2%)	2 (0.1%)	0 (0.0%)	1 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	3,338 (100%)	2,337 (100%)	1,925 (100%)	1,367 (100%)	4,191 (100%)	1,281 (100%)	1,599 (100%)	16,039 (100%)

Gambling with relatives or friends

13.2% of participants had gambled with relatives or friends (e.g. playing mahjong or poker) at least once in the past one year, more males (13.9%) than females (12.7%) (Table 2.4.5m). The proportion was lower in those aged 75 and above (7.5%) than in younger groups (Table 2.4.5n). Gambling with relatives or friends was more common among those earning at least $8,000 a month than among those earning less (Table 2.4.5o).

Table 2.4.5m: Gambling with relatives or friends in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	7,611	87.2	6,288	86.0	13,900	86.7
Less than once a month	395	4.5	463	6.3	857	5.3
1-4 times a month	528	6.0	453	6.2	981	6.1
More than once a week	188	2.2	105	1.4	293	1.8
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.4.5n: Gambling with relatives or friends in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	1,095 (86.4%)	2,202 (86.8%)	2,947 (87.2%)	3,489 (85.8%)	2,151 (85.7%)	1,002 (84.7%)	1,013 (92.6%)	13,900 (86.7%)
Less than once a month	80 (6.3%)	172 (6.8%)	178 (5.3%)	230 (5.7%)	130 (5.2%)	44 (3.7%)	24 (2.2%)	857 (5.3%)
1-4 times a month	85 (6.7%)	138 (5.4%)	221 (6.5%)	268 (6.6%)	152 (6.1%)	85 (7.2%)	33 (3.0%)	981 (6.1%)
More than once a week	7 (0.6%)	24 (0.9%)	31 (0.9%)	79 (1.9%)	75 (3.0%)	52 (4.4%)	25 (2.3%)	293 (1.8%)
Missing	0 (0.0%)	1 (0.1%)	3 (0.1%)	2 (0.1%)	1 (0.0%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 2.4.5o: Gambling with relatives or friends in the past one year: number of persons (%) by individual monthly income (HKD)

	No income	$1-$3,999	$4,000-$7,999	$8,000-$9,999	$10,000-$19,999	$20,000-$29,999	≥$30,000	Total
None	2,910 (87.2%)	2,094 (89.6%)	1,697 (88.1%)	1,163 (85.0%)	3,575 (85.3%)	1,079 (84.2%)	1,382 (86.5%)	13,900 (86.7%)
Less than once a month	144 (4.3%)	76 (3.3%)	76 (3.9%)	85 (6.2%)	259 (6.2%)	107 (8.4%)	110 (6.9%)	857 (5.3%)
1-4 times a month	190 (5.7%)	110 (4.7%)	109 (5.6%)	98 (7.2%)	298 (7.1%)	85 (6.6%)	91 (5.7%)	981 (6.1%)
More than once a week	92 (2.8%)	54 (2.3%)	42 (2.2%)	21 (1.6%)	57 (1.4%)	11 (0.8%)	16 (1.0%)	293 (1.8%)
Missing	1 (0.0%)	4 (0.2%)	2 (0.1%)	0 (0.0%)	1(0.1%)	0 (0.0%)	0 (0.0%)	8 (0.0%)
Total	3,338 (100%)	2,337 (100%)	1,925 (100%)	1,367 (100%)	4,191 (100%)	1,281 (100%)	1,599 (100%)	16,039 (100%)

Average amount of money spent on gambling

Over a third of participants had spent nothing on gambling in the past one month, 28.8% had spent $100 or less, 15.3% more than $100 but less than $501, and 6.3% more than $500. More females (42.2%) than males (26.5%) reported spending nothing on gambling. Conversely, more males (11.0%) than females (2.3%) had spent more than $500 (Table 2.4.5p). The proportions of those spending nothing on gambling showed a bell-shaped pattern, highest in the youngest (44.4%) and oldest (50.5%) groups and lowest among those aged 45-54 (29.2%) (Table 2.4.5q). As for income groups, it is not surprising that the proportions of those who had spent nothing on gambling were highest among those with no (42.3%) or less than $4,000 individual monthly income (44.4%). On the other hand, nearly 10% of those earning between $10,000 and $20,000 a month spent an average of more than $500 on gambling (Table 2.4.5r).

Table 2.4.5p: Average amount of money spent on gambling in the past one month, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
$0	3,682	42.2	1,938	26.5	5,620	35.0
$1 - $100	2,473	28.3	2,146	29.4	4,619	28.8
$101 - $500	889	10.2	1,559	21.3	2,449	15.3
$501 - $1,000	139	1.6	485	6.6	624	3.9
$1,001 - $3,000	57	0.7	325	4.4	382	2.4
More than $3,000	3	0.0	6	0.1	9	0.1
Missing	1,483	17.0	852	11.7	2,336	14.6
Total	8,727	100	7,312	100	16,039	100

Table 2.4.5q: Average amount of money spent on gambling in the past one month: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
$0	563 (44.4%)	883 (34.8%)	1,116 (33.0%)	1,186 (29.2%)	902 (36.0%)	417 (35.3%)	553 (50.5%)	5,620 (35.0%)
$1 - $100	353 (27.9%)	851 (33.6%)	1,060 (31.3%)	1,236 (30.4%)	668 (26.6%)	263 (22.3%)	187 (17.1%)	4,619 (28.8%)
$101 - $500	93 (7.3%)	318 (12.5%)	498 (14.7%)	754 (18.5%)	477 (19.0%)	211 (17.9%)	97 (8.9%)	2,449 (15.3%)
$501 - $1,000	12 (0.9%)	70 (2.8%)	137 (4.1%)	216 (5.3%)	127 (5.1%)	39 (3.3%)	23 (2.1%)	624 (3.9%)
$1,001 - $3,000	4 (0.3%)	39 (1.5%)	82 (2.4%)	142 (3.5%)	71 (2.8%)	34 (2.9%)	11 (1.0%)	382 (2.4%)
More than $3,000	0 (0.0%)	0 (0.0%)	3 (0.1%)	3 (0.1%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	9 (0.1%)
Missing	243 (19.1%)	376 (14.8%)	484 (14.3%)	531 (13.0%)	261 (10.4%)	218 (18.4%)	223 (20.4%)	2,336 (14.6%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 2.4.5r: Average amount of money spent on gambling in the past one month: number of persons (%) by individual monthly income (HKD)

	No income	$1-$3,999	$4,000-$7,999	$8,000-$9,999	$10,000-$19,999	$20,000-$29,999	≥$30,000	Total
$0	1,413 (42.3%)	1,038 (44.4%)	683 (35.5%)	413 (30.2%)	1,142 (27.3%)	353 (27.6%)	578 (36.1%)	5,620 (35.0%)
$1 - $100	817 (24.5%)	536 (22.9%)	589 (30.6%)	426 (31.1%)	1,368 (32.6%)	411 (32.1%)	472 (29.5%)	4,619 (28.8%)
$101 - $500	430 (12.9%)	270 (11.6%)	289 (15.0%)	238 (17.4%)	774 (18.5%)	259 (20.2%)	189 (11.8%)	2,449 (15.3%)
$501 - $1,000	107 (3.2%)	41 (1.8%)	56 (2.9%)	63 (4.6%)	237 (5.7%)	57 (4.5%)	63 (4.0%)	624 (3.9%)
$1,001 - $3,000	46 (1.4%)	21 (0.9%)	33 (1.7%)	46 (3.4%)	161 (3.8%)	34 (2.7%)	40 (2.5%)	382 (2.4%)
More than $3,000	3 (0.1%)	2 (0.0%)	1 (0.0%)	0 (0.0%)	1 (0.0%)	0 (0.0%)	3 (0.2%)	9 (0.1%)
Missing	520 (15.6%)	431 (18.4%)	274 (14.2%)	182 (13.3%)	508 (12.1%)	167 (13.0%)	254 (15.9%)	2,336 (14.6%)
Total	3,338 (100%)	2,337 (100%)	1,925 (100%)	1,367 (100%)	4,191 (100%)	1281 (100%)	1,599 (100%)	16,039 (100%)

2.4.6 Drug abuse

In the FAMILY Cohort, drug abuse was assessed using a self-administered questionnaire (SAQ). Participants were invited to fill in the questionnaire by themselves, and those agreeing to take part were asked to send the completed form in a sealed envelope to the FAMILY research team. A total of 5,078 participants agreed to take part, and sent the completed questionnaire to the research team.

Of the 5,078 participants aged 20 and above who completed the SAQ, 7.6% reported drug abuse, which included the use of illicit drugs, drugs for non-medical use and the overuse of prescription or OTC medication. There was no apparent difference between males and females (Table 2.4.6a). Around 10% of those aged 35-44, 65 and above reported drug abuse (Table 2.4.6b).

Table 2.4.6a: Ever abused drugs (i.e. illicit drugs, drugs for non-medical use, overuse of prescription or OTC medication), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	200	7.1	188	8.3	388	7.6
No	2,614	92.7	2,066	91.5	4,680	92.2
Missing	6	0.2	4	0.1	10	0.2
Total	2,820	100	2,258	100	5,078	100

Base: Participants in self-administrated questionnaire.

Table 2.4.6b: Ever abused drug (i.e. illicit drugs, drugs for non-medical use, overuse of prescription or OTC medication): number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	22 (4.7%)	52 (6.7%)	111 (9.8%)	87 (6.2%)	61 (8.0%)	36 (11.2%)	19 (8.6%)	388 (7.6%)
No	435 (95.1%)	728 (93.1%)	1,027 (88.6%)	1,306 (93.6%)	704 (91.6%)	283 (88.2%)	197 (91.4%)	4,680 (92.2%)
Missing	1 (0.1%)	1 (0.1%)	1 (0.0%)	3 (0.2%)	3 (0.4%)	2 (0.6%)	0 (0.0%)	10 (0.2%)
Total	457 (100%)	781 (100%)	1,139 (100%)	1,395 (100%)	769 (100%)	320 (100%)	216 (100%)	5,078 (100%)

Base: Participants in self-administrated questionnaire.

2.5 Health-related quality of life

2.5.1 Health-related quality of life (SF-12v2)

The Medical Outcomes Study 12-item short-form version 2 (SF-12 v2) measures eight domains of health status: Physical Functioning, Role Physical, Bodily Pain, General Health, Vitality, Social Functioning, Role Emotional, and Mental Health.[1] The physical health summary score covers the first four domains and the mental health summary score the latter four. Both total scores ranged from 0 to 100, with higher scores indicating a more favourable physical functioning or psychological well-being.[1]

Tables 2.5.1a and 2.5.1b show the mean and median scores on the physical and mental health summary scales of the SF-12, analysed by sex and age. Overall, the mean physical and mental health scores were 49.6 and 53.6, respectively, in the FAMILY Cohort. Males reported higher physical and mental health scores than females (50.5 versus 48.8 and 54.1 versus 53.1, respectively). Only 1.1% of participants reported a favourable physical health score of 60 or more, but a much higher proportion (18.7%) reported a mental health score of 60 or more. The mean mental health scores reported by both sexes in this Hong Kong sample were higher than the mean value of 50 reported in the United States. In the FAMILY Cohort, the mean physical health scores for both sexes were lower than the mean US score of 50.

Table 2.5.1a: SF-12v2 sub-scores, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Physical health summary scale						
Below 30.0	346	4.0	178	2.4	525	3.3
30.0 - 39.9	741	8.5	353	4.8	1,094	6.8
40.0 - 49.9	2,884	33.0	2,160	29.5	5,044	31.4
50.0 - 59.9	4,654	53.3	4,537	62.0	9,191	57.3
60.0 and above	96	1.1	79	1.1	175	1.1
Missing	6	0.1	4	0.1	10	0.1
Total	8,727	100	7,312	100	16,039	100
Mean	48.8		50.5		49.6	
Median	50.9		52.4		51.6	
Standard deviation	8.06		6.95		7.62	
Mental health summary scale						
Below 30.0	132	1.5	67	0.9	199	1.2
30.0 - 39.9	528	6.1	316	4.3	845	5.3
40.0 - 49.9	1,844	21.1	1,323	18.1	3,167	19.7
50.0 - 59.9	4,630	53.1	4,191	57.3	8,821	55.0
60.0 and above	1,587	18.2	1,410	19.3	2,996	18.7
Missing	6	0.1	4	0.1	10	0.1
Total	8,727	100	7,312	100	16,039	100
Mean	53.1		54.1		53.6	
Median	54.6		55.2		54.8	
Standard deviation	8.23		7.40		7.88	

Physical health scores decreased with age, over the years from 20 to 74, decreasing from 52.3 to 40.3 (Table 2.5.1b and Figure 2.51.a). But mental health, on the other hand, demonstrated a modest upward trend with age. Participants aged 20-44 had the lowest median score, 54.4, but this increased from 54.8 to 57.3 among participants aged 45 and above (Table 2.5.1b and Figure 2.5.1b).

Figure 2.5.1a: Physical health summary scores (N = 16,039)

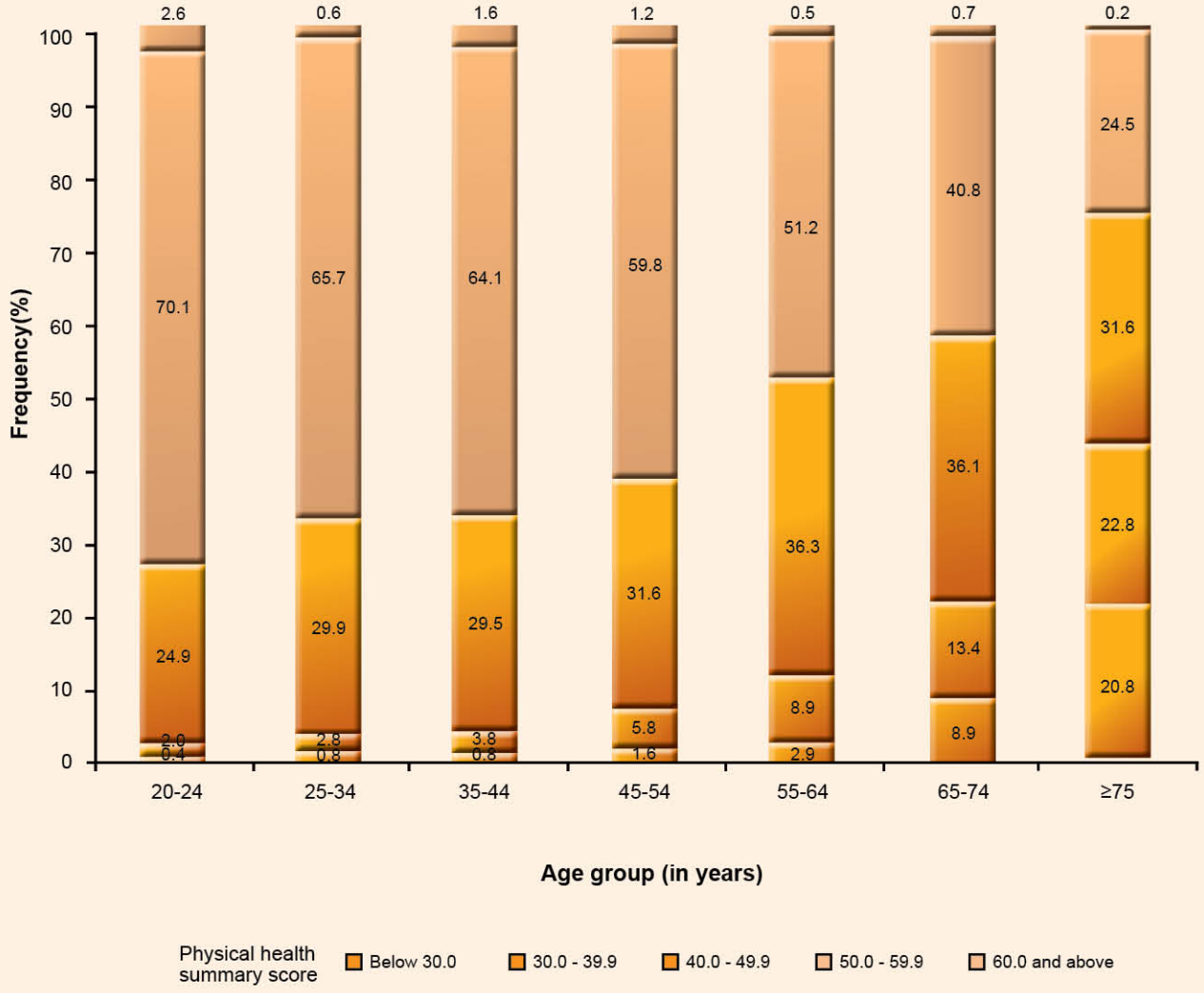


Figure 2.5.1b: Mental health summary scores (N = 16,039)

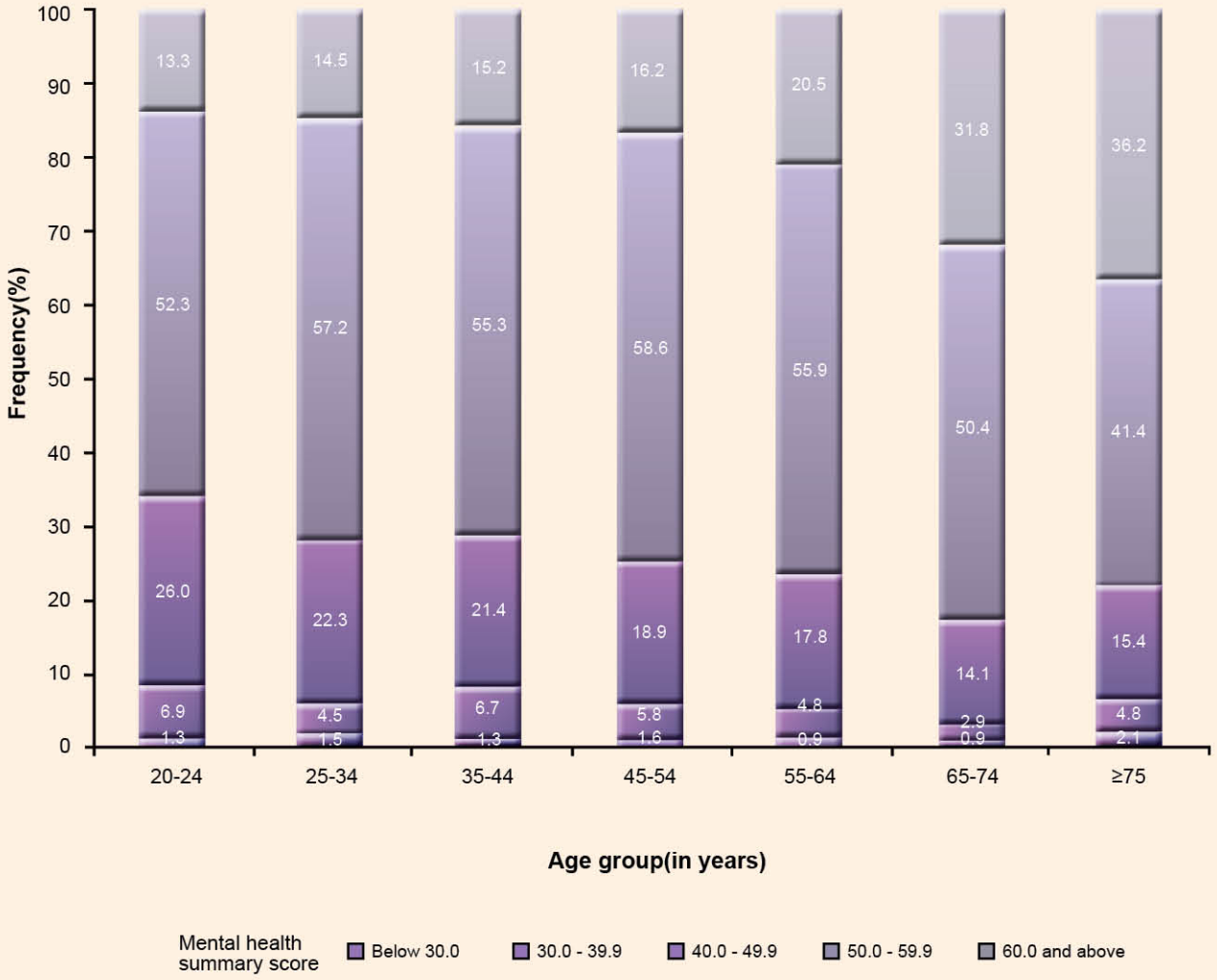
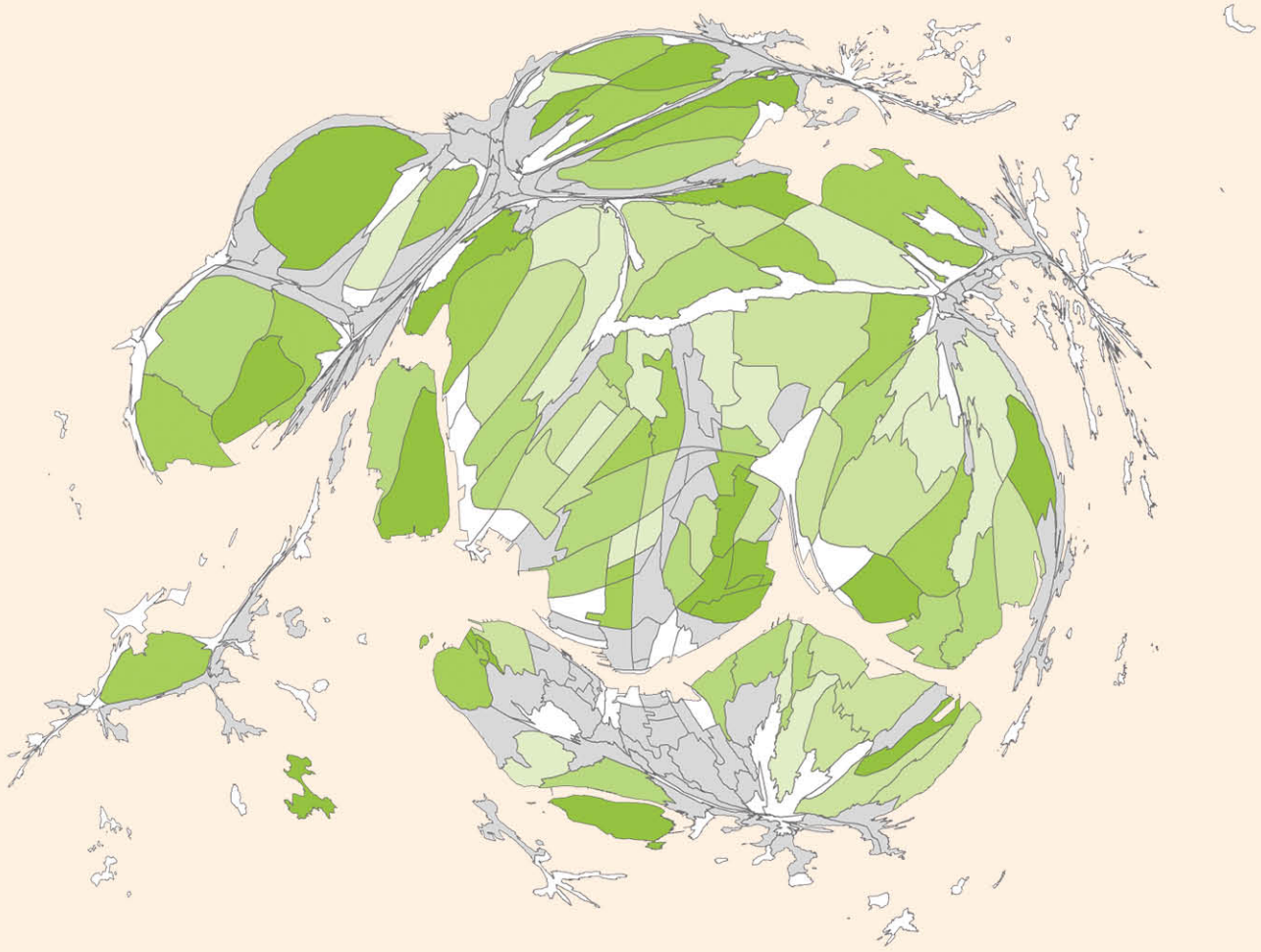


Table 2.5.1b: SF-12v2 sub-scores: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Physical health summary scale								
Below 30.0	5 (0.4%)	21 (0.8%)	28 (0.8%)	64 (1.6%)	74 (2.9%)	105 (8.9%)	228 (20.8%)	525 (3.3%)
30.0 - 39.9	25 (2.0%)	72 (2.8%)	129 (3.8%)	237 (5.8%)	223 (8.9%)	159 (13.4%)	250 (22.8%)	1,094 (6.8%)
40.0 - 49.9	316 (24.9%)	757 (29.9%)	999 (29.5%)	1,287 (31.6%)	912 (36.3%)	427 (36.1%)	346 (31.6%)	5,044 (31.4%)
50.0 - 59.9	889 (70.1%)	1,668 (65.7%)	2,167 (64.1%)	2,431 (59.8%)	1,285 (51.2%)	483 (40.8%)	268 (24.5%)	9,191 (57.3%)
60.0 and above	33 (2.6%)	16 (0.6%)	55 (1.6%)	48 (1.2%)	13 (0.5%)	8 (0.7%)	2 (0.2%)	175 (1.1%)
Missing	0 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	10 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	52.3	51.3	51.1	50.4	48.8	45.8	40.3	49.6
Median	53.2	52.4	52.4	51.8	50.3	49.0	42.2	51.6
Standard deviation	4.86	5.44	5.72	6.34	7.47	10.00	11.83	7.62
Mental health summary scale								
Below 30.0	17 (1.3%)	38 (1.5%)	44 (1.3%)	45 (1.1%)	22 (0.9%)	11 (0.9%)	23 (2.1%)	199 (1.2%)
30.0 - 39.9	88 (6.9%)	114 (4.5%)	225 (6.7%)	211 (5.2%)	120 (4.8%)	34 (2.9%)	53 (4.8%)	845 (5.3%)
40.0 - 49.9	330 (26.0%)	564 (22.3%)	725 (21.4%)	767 (18.9%)	446 (17.8%)	166 (14.1%)	169 (15.4%)	3,167 (19.7%)
50.0 - 59.9	663 (52.3%)	1,451 (57.2%)	1,869 (55.3%)	2,385 (58.6%)	1,403 (55.9%)	596 (50.4%)	453 (41.4%)	8,821 (55.0%)
60.0 and above	169 (13.3%)	367 (14.5%)	515 (15.2%)	658 (16.2%)	515 (20.5%)	376 (31.8%)	396 (36.2%)	2,996 (18.7%)
Missing	0 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	10 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	52.2	53.0	52.7	53.6	54.3	55.8	55.5	53.6
Median	54.4	54.4	54.4	54.8	56.7	57.3	57.3	54.8
Standard deviation	7.76	7.72	8.01	7.51	7.50	7.44	9.45	7.88

Figure 2.5.1c: Mean score of physical health-related to quality of life (SF-12v2), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Score

- ≤ 48.5
- 48.6 - 49.3
- 49.4 - 49.8
- 49.9 - 50.2
- ≥ 52.5

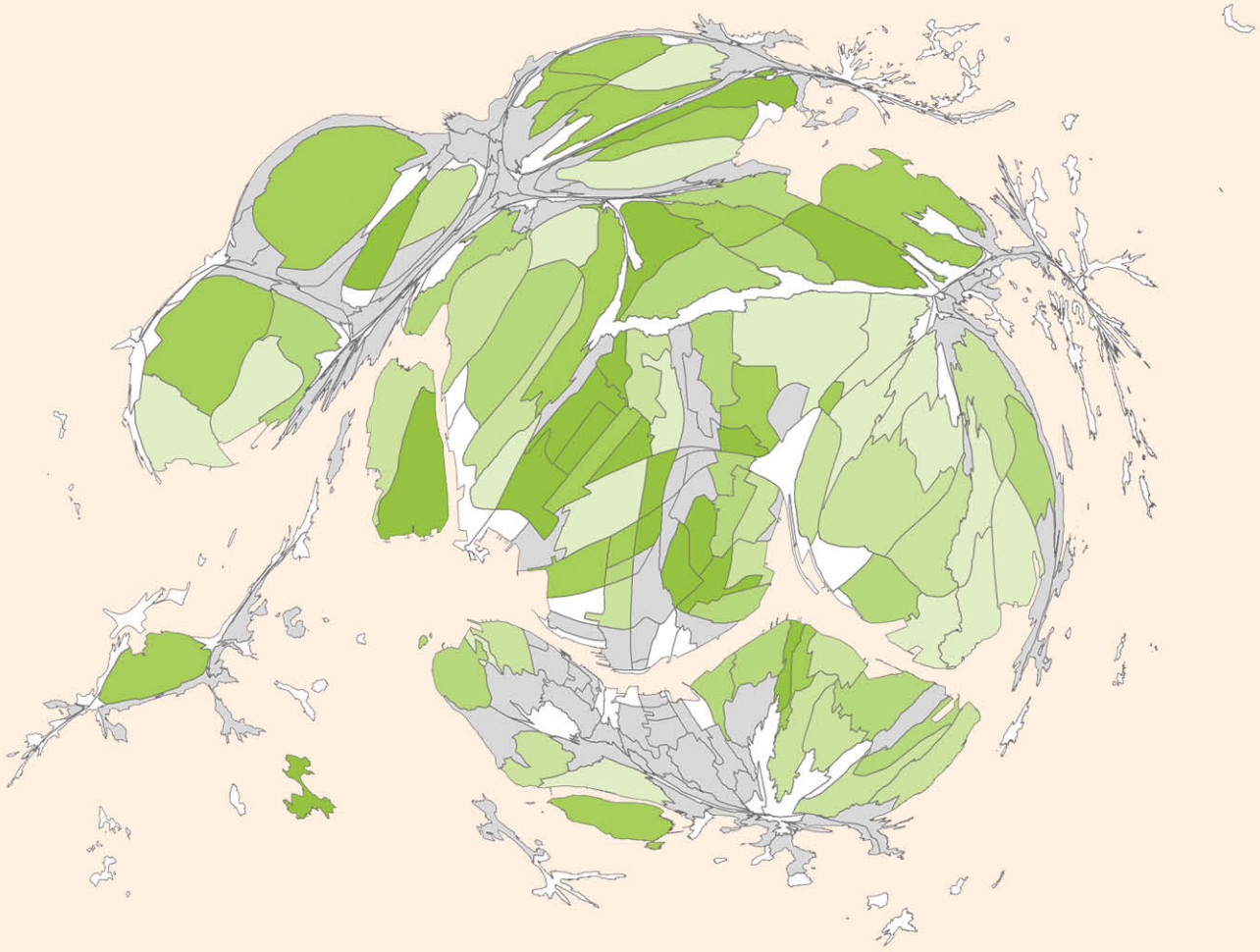
Mean physical health score was 49.6 for the FC sample, with the highest score in part of Sheung Shui.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Figure 2.5.1d: Mean score of mental health-related to quality of life (SF-12v2), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Score

- ≤ 52.5
- 52.6 - 53.3
- 53.4 - 53.9
- 54.0 - 54.8
- ≥ 54.9

Mean mental health score was 53.6 for the FC sample, with the highest score in part of Mong Kok.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

2.5.2 Self-perceived health status

In the FAMILY Cohort, self-perceived health status was assessed by the question: 'In general, would you say your health is: excellent, very good, good, fair or poor?' (5 [excellent] to 1 [poor], with higher scores indicating better perceived health). 56.3% of the participants rated their health as excellent, very good or good, with more males than females (60.3% versus 53.2%). Older participants were more likely than their younger counterparts to report poor health. In general, only 44.1% of participants aged 75 and above reported 'excellent', 'very good' or 'good' health, while two thirds of those aged 20-24 reported their health to be at least 'good'.

Table 2.5.2a: Self-perceived current health, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Excellent	58	0.7	62	0.9	120	0.7
Very good	855	9.8	944	12.9	1,799	11.2
Good	3,728	42.7	3,399	46.5	7,127	44.4
Fair	3,559	40.8	2,557	35.0	6,117	38.1
Poor	521	6.0	345	4.7	866	5.4
Missing	6	0.1	4	0.1	10	0.1
Total	8,727	100	7,312	100	16,039	100

Table 2.5.2b: Self-perceived current health: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Excellent	11 (0.9%)	15 (0.6%)	14 (0.4%)	35 (0.9%)	32 (1.3%)	7 (0.6%)	6 (0.5%)	120 (0.7%)
Very good	180 (14.2%)	299 (11.8%)	396 (11.7%)	451 (11.1%)	248 (9.9%)	122 (10.3%)	103 (9.4%)	1,799 (11.2%)
Good	584 (46.1%)	1,221 (48.1%)	1,612 (47.7%)	1,819 (44.7%)	1,047 (41.7%)	469 (39.7%)	374 (34.2%)	7,127 (44.4%)
Fair	456 (36.0%)	926 (36.5%)	1,229 (36.4%)	1,552 (38.2%)	1,016 (40.5%)	483 (40.9%)	454 (41.5%)	6,117 (38.1%)
Poor	36 (2.9%)	73 (2.9%)	127 (3.8%)	208 (5.1%)	163 (6.5%)	101 (8.5%)	158 (14.4%)	866 (5.4%)
Missing	0 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	10 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Participants were also asked to evaluate their own health compared with that of people of the same age. In general, 54.4% reported their health condition as more or less the same as people of their age, over a quarter considered it to be better or much better, while nearly a fifth reported it as worse (Table 2.5.2c). 26.6% of females and 30.5% of males perceived their health as being better or much better than their age-matched counterparts. More participants aged 45 and above (29.2-32.4%) considered their health to be better or much better than their younger counterparts (23.8-25.6%).

Table 2.5.2c: Self-perceived health compared with people of the same age, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Much better	246	2.8	246	3.4	491	3.1
Better	2,074	23.8	1,984	27.1	4,058	25.3
More or less the same	4,701	53.9	4,028	55.1	8,729	54.4
Worse	1,524	17.5	895	12.2	2,419	15.1
Much worse	99	1.1	85	1.2	183	1.1
Don't know	80	0.9	71	1.0	151	0.9
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.5.2d: Self-perceived health compared with people of the same age: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Much better	35 (2.8%)	39 (1.5%)	82 (2.4%)	139 (3.4%)	94 (3.7%)	58 (4.9%)	44 (4.1%)	491 (3.1%)
Better	289 (22.8%)	566 (22.3%)	778 (23.0%)	1,179 (29.0%)	680 (27.1%)	290 (24.6%)	274 (25.1%)	4,058 (25.3%)
More or less the same	756 (59.7%)	1,543 (60.8%)	1,964 (58.1%)	2,096 (51.5%)	1,286 (51.2%)	566 (47.8%)	519 (47.4%)	8,729 (54.4%)
Worse	170 (13.4%)	374 (14.7%)	503 (14.9%)	574 (14.1%)	371 (14.8%)	227 (19.2%)	201 (18.4%)	2,419 (15.1%)
Much worse	14 (1.1%)	10 (0.4%)	23 (0.7%)	46 (1.1%)	42 (1.7%)	18 (1.5%)	31 (2.8%)	183 (1.1%)
Don't know	4 (0.3%)	4 (0.2%)	28 (0.8%)	32 (0.8%)	35 (1.4%)	23 (1.9%)	25 (2.3%)	151 (0.9%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

When participants were asked to compare their current health with that of the year before, around half of the participants (54.4%) thought it was more or less the same. But 11.6% of participants considered their health better or much better than last year, with a third (33.8%) reported it to be worse or much worse. Slightly more females (12.2%) than males (11.1%) considered their current health to be better or much better than last year (Table 2.5.2e). Self-perceived health status gradually decreased with age (Table 2.5.2f). Participants aged 20-24 were most likely to perceive their health as better or much better than last year, whereas those aged 75 and above were the least likely to think so (17.2% versus 6.4%).

Table 2.5.2e: Current self-perceived health compared with the past year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Much better	67	0.8	49	0.7	116	0.7
Better	996	11.4	758	10.4	1,754	10.9
More or less the same	4,560	52.3	4,170	57.0	8,730	54.4
Worse	2,947	33.8	2,216	30.3	5,163	32.2
Much worse	143	1.6	110	1.5	252	1.6
Don't know	9	0.1	6	0.1	15	0.1
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.5.2f: Current self-perceived health compared with the past year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Much better	15 (1.2%)	23 (0.9%)	22 (0.6%)	25 (0.6%)	21 (0.8%)	9 (0.8%)	1 (0.1%)	116 (0.7%)
Better	203 (16.0%)	346 (13.6%)	409 (12.1%)	393 (9.7%)	230 (9.2%)	104 (8.8%)	69 (6.3%)	1,754 (10.9%)
More or less the same	669 (52.8%)	1,521 (60.0%)	1,912 (56.6%)	2,202 (54.1%)	1,367 (54.5%)	602 (50.9%)	457 (41.8%)	8,730 (54.4%)
Worse	358 (28.3%)	621 (24.5%)	1,002 (29.6%)	1,381 (33.9%)	845 (33.7%)	440 (37.2%)	517 (47.2%)	5,163 (32.2%)
Much worse	21 (1.7%)	22 (0.9%)	31 (0.9%)	62 (1.5%)	42 (1.7%)	25 (2.1%)	49 (4.5%)	252 (1.6%)
Don't know	0 (0.0%)	2 (0.1%)	2 (0.1%)	4 (0.1%)	3 (0.1%)	2 (0.1%)	2 (0.2%)	15 (0.1%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Participants were then asked to rate their expected future health status over the next one to two years. Overall, 36.4% expected it to be 'excellent', 'very good' or 'good', while 43.8% answered 'fair', 13.7% 'poor' and 6.0% 'don't know'. The proportion expecting their health to be 'excellent', 'very good' or 'good' in the coming one to two years decreased with age, from 50.9% in those aged 20-24 to 16.1% in those aged 75 and above.

Table2.5.2g: Self-perceived health expected in the coming one to two years, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Excellent	21	0.2	30	0.4	51	0.3
Very good	321	3.7	340	4.6	661	4.1
Good	2,530	29.0	2,603	35.6	5,132	32.0
Fair	3,981	45.6	3,046	41.7	7,027	43.8
Poor	1,315	15.1	880	12.0	2,194	13.7
Don't know	555	6.4	411	5.6	967	6.0
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 2.5.2h: Self-perceived health expected in the coming one to two years: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Excellent	12 (1.0%)	7 (0.3%)	3 (0.1%)	18 (0.5%)	7 (0.3%)	2 (0.1%)	1 (0.1%)	51 (0.3%)
Very good	101 (8.0%)	136 (5.4%)	158 (4.7%)	148 (3.6%)	66 (2.6%)	39 (3.3%)	13 (1.2%)	661 (4.1%)
Good	531 (41.9%)	1,032 (40.7%)	1,157 (34.2%)	1,226 (30.1%)	733 (29.2%)	292 (24.7%)	162 (14.8%)	5,132 (32.0%)
Fair	525 (41.4%)	1,142 (45.0%)	1,541 (45.6%)	1,794 (44.1%)	1,059 (42.2%)	497 (42.0%)	470 (42.9%)	7,027 (43.8%)
Poor	62 (4.9%)	129 (5.1%)	369 (10.9%)	643 (15.8%)	424 (16.9%)	242 (20.5%)	325 (29.7%)	2,194 (13.7%)
Don't know	37 (2.9%)	90 (3.5%)	150 (4.4%)	237 (5.8%)	219 (8.7%)	111 (9.4%)	125 (11.4%)	967 (6.0%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

References

1. Ware J, Jr., Kosinski M, Keller SD. A 12-Item Short-Form Health Survey: construction of scales and preliminary tests of reliability and validity. *Med Care*. Mar 1996;34(3):220-233.

Chapter 3 Happiness

3.1 Standardised scales on happiness

3.1.1 Overall happiness

Self-reported happiness was assessed with a single-item overall happiness scale (question): 'All things considered, would you say you are very happy, happy, not very happy or not happy at all'. This scale has been used internationally (including Cantonese population in Hong Kong [1]) in the 2005-2008 waves of World Values Surveys.[2]

Overall, 92.2% of participants reported themselves as being 'very happy' or 'happy', with slightly more males than females (92.3% versus 92.1%) (Table 3.1.1a). Proportion of 'very happy' or 'happy' people was about 90% among all age groups, but more participants aged 75 and above (10.6%) reported being 'not very happy' or 'not happy at all' (Table 3.1.1b).

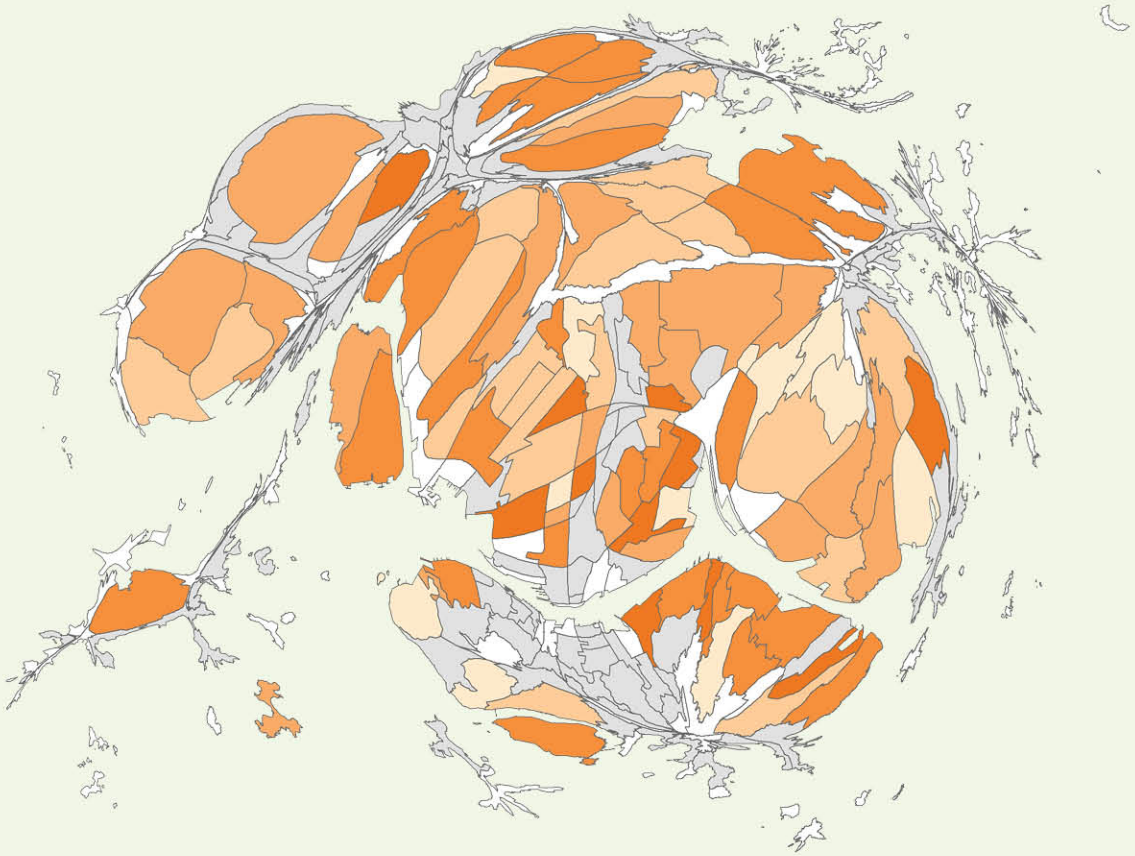
Table 3.1.1a: Self-rated overall happiness, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Very happy	897	10.3	636	8.7	1,533	9.6
Happy	7,137	81.8	6,110	83.6	13,247	82.6
Not very happy	644	7.4	530	7.3	1,175	7.3
Not happy at all	44	0.5	31	0.4	75	0.5
Missing	5	0.1	5	0.1	9	0.1
Total	8,727	100	7,312	100	16,039	100

Table 3.1.1b: Self-rated overall happiness: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Very happy	140 (11.1%)	259 (10.2%)	264 (7.8%)	358 (8.8%)	268 (10.7%)	135 (11.4%)	109 (10.0%)	1,533 (9.6%)
Happy	1,014 (80.0%)	2,126 (83.8%)	2,854 (84.4%)	3,369 (82.8%)	2,048 (81.6%)	966 (81.7%)	870 (79.5%)	13,247 (82.6%)
Not very happy	106 (8.3%)	146 (5.8%)	239 (7.1%)	325 (8.0%)	178 (7.1%)	74 (6.3%)	106 (9.7%)	1,175 (7.3%)
Not happy at all	7 (0.5%)	4 (0.2%)	20 (0.6%)	13 (0.3%)	14 (0.6%)	8 (0.7%)	9 (0.9%)	75 (0.5%)
Missing	0 (0.0%)	1 (0.0%)	3 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	9 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Figure 3.1.1a: Perceived prevalence of overall happiness, by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Prevalence (%)

- ≤ 87.3
- 87.4 - 90.6
- 90.7 - 93.0
- 93.1 - 95.9
- ≥ 96.0

Overall, 92.2% of the FC participants reported being "very happy" and "happy". Areas with the highest proportion of participants for happiness were parts of Tai Kwok Tsui, Mong Kok, Yau Ma Tei, Tin Hau and North Point.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Overall happiness tended to increase with monthly household income, participants with higher income being more likely to consider themselves as 'very happy' or 'happy' (Table 3.1.1c). Participants with a monthly household income of $25,000 and above were most likely to report being 'very happy' or 'happy' (Table 3.1.1c).

Table 3.1.1c: Self-rated overall happiness: number of persons (%) by monthly household income group (HKD)

Self-rated overall happiness	Monthly household income group (HKD)							
	<$5,000	$5,000 - $9,999	$10,000 - $14,999	$15,000 - $19,999	$20,000- $24,999	$25,000 - $29,999	$30,000 - $39,999	≥$40000
Very happy	82 (8.5%)	89 (7.3%)	265 (8.7%)	79 (7.9%)	83 (8.0%)	52 (8.5%)	248 (11.4%)	424 (11.3%)
Happy	749 (77.4%)	987 (81.0%)	2,488 (81.5%)	846 (84.8%)	868 (84.0%)	529 (85.4%)	1,793 (82.5%)	3,167 (84.1%)
Not very happy	118 (12.2%)	132 (10.8%)	274 (9.0%)	70 (7.0%)	78 (7.6%)	35 (5.7%)	129 (5.9%)	170 (4.5%)
Not happy at all	17 (1.8%)	11 (0.9%)	23 (0.7%)	3 (0.3%)	5 (0.5%)	1 (0.2%)	3 (0.1%)	0 (0.0%)
Missing	1 (0.1%)	0 (0.0%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	1 (0.2%)	0 (0.0%)	2 (0.1%)
Total	967 (100%)	1,218 (100%)	3,053 (100%)	998 (100%)	1,034 (100%)	619 (100%)	2,172 (100%)	3,764 (100%)

'Very happy' participants were more likely to report having excellent health while their 'happy' counterparts did not maintain this positive relationship with perceived health status (Table 3.1.1d). On the other hand, participants self-rated 'not very happy' and 'not happy at all' tended to report their health as 'poor' or 'fair'.

Table 3.1.1d: Self-rated overall happiness: number of persons (%) by perceived health status

	Perceived health status					
Self-rated overall happiness	**Excellent**	**Very good**	**Good**	**Fair**	**Poor**	**Missing**
Very happy	42 (35.3%)	422 (23.5%)	740 (10.4%)	291 (4.8%)	38 (4.4%)	0 (0.0%)
Happy	74 (61.4%)	1,331 (74.0%)	6,120 (85.9%)	5,186 (84.8%)	535 (61.7%)	2 (21.6%)
Not very happy	4 (3.2%)	42 (2.3%)	259 (3.6%)	609 (10.0%)	261 (30.1%)	0 (0.0%)
Not happy at all	0 (0.0%)	3 (0.1%)	8 (0.1%)	31 (0.5%)	33 (3.8%)	0 (0.0%)
Missing	0 (0.0%)	1 (0.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	8 (78.4%)
Total	120 (100%)	1,799 (100%)	7,127 (100%)	6,117 (100%)	866 (100%)	10 (100%)

3.1.2 Subjective happiness

The subjective happiness scale consisted of four items and was translated to Chinese with back-translation to English by the FAMILY Project Cohort team. Responses to the four items were summed and divided by 4 to provide a composite score ranging from 1-7, with higher scores indicating more happiness.[3] According to the quarter of distribution of the subjective happiness scores from our sample, participants were classified as 'happy' if their scores were in the 4th (top) quarter (range 6-7) and as 'unhappy' if their scores were in the 1st (bottom) quarter (range 1-4.49).[3]

Overall, 27.9% of participants were 'happy' (Table 3.1.2a). The median subjective happiness score was 5.25. Older participants (aged 65 and above) reported a higher median subjective happiness score (5.5 versus 5.25) than their younger counterparts (aged 20-64). More females (29.0%) than males (26.5%) considered themselves to be 'happy' (Table 3.1.2a), as did more participants aged 65 and above (over 34%), but only 24.2% of those aged 20-24 considered themselves to be 'happy' (Table 3.1.2b).

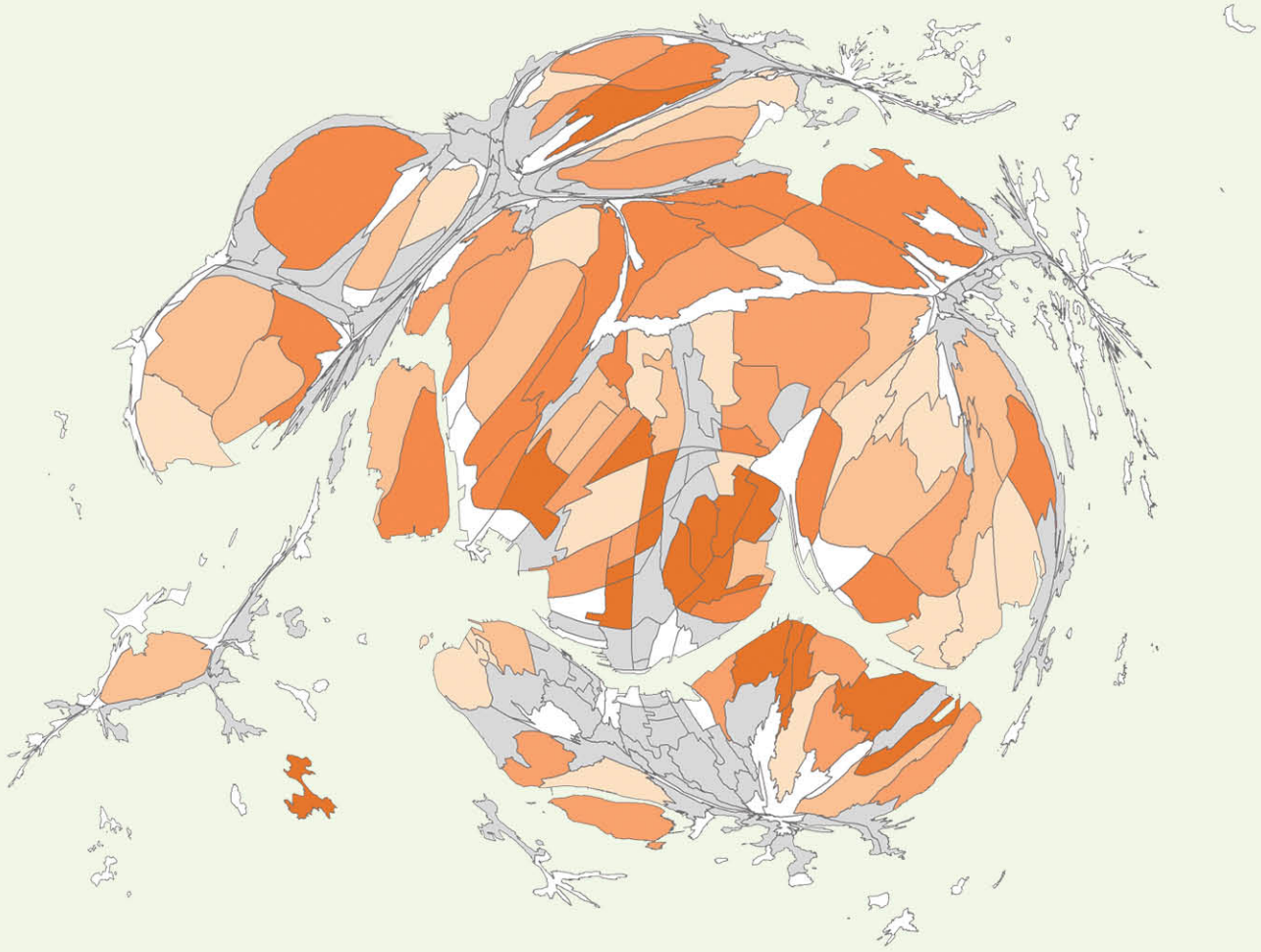
Table 3.1.2a: Subjective happiness scale, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
4th (top) quarter (range 6-7)	2,533	29.0	1,936	26.5	4,469	27.9
3rd quarter (range 5.25-5.99)	2,938	33.7	2,664	36.4	5,601	34.9
2nd quarter (range 4.5- 5.24)	1,898	21.7	1,564	21.4	3,462	21.6
1st (bottom) quarter (range 1-4.49)	1,353	15.5	1,144	15.6	2,497	15.6
Missing	6	0.1	4	0.1	10	0.1
Total	8,727	100	7,312	100	16,039	100
Mean	5.30		5.27		5.29	
Median	5.50		5.25		5.25	
Standard Deviation	0.94		0.91		0.93	

Table 3.1.2b: Subjective happiness scale: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
4th (top) quarter (range 6-7)	307 (24.2%)	684 (26.9%)	860 (25.5%)	1,080 (26.5%)	757 (30.2%)	408 (34.5%)	373 (34.1%)	4,469 (27.9%)
3rd quarter (range 5.25-5.99)	393 (31.0%)	904 (35.7%)	1,269 (37.5%)	1,401 (34.4%)	880 (35.1%)	404 (34.2%)	350 (32.0%)	5,601 (34.9%)
2nd quarter (range 4.5- 5.24)	322 (25.4%)	522 (20.6%)	736 (21.8%)	961 (23.6%)	524 (20.9%)	212 (17.9%)	185 (16.9%)	3,462 (21.6%)
1st (bottom) quarter (range 1-4.49)	245 (19.3%)	426 (16.8%)	513 (15.2%)	622 (15.3%)	345 (13.8%)	158 (13.4%)	187 (17.1%)	2,497 (15.6%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	3 (0.1%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	10 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	5.17	5.28	5.25	5.26	5.34	5.41	5.36	5.29
Median	5.25	5.50	5.25	5.25	5.50	5.50	5.50	5.25
Standard Deviation	0.93	0.90	0.91	0.92	0.92	0.98	1.00	0.93

Figure 3.1.2a: Mean score of subjective happiness, by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Score

- ≤ 5.18
- 5.19 - 5.24
- 5.25 - 5.31
- 5.32 - 5.40
- ≥ 5.41

Mean subjective happiness score was 5.29 for the FC sample. The area with the highest score was in part of Mong Kok.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with “FAMILY” research sample size larger than or equal to 30. URL will be announced later.

3.2 Standardised on mental health scales

3.2.1 Patient Health Questionnaire (PHQ-9)

The nine-item Patient Health Questionnaire (PHQ-9)[4] was used to record symptoms of depression. Participants rated the frequency of experiencing the nine symptoms of depression during the two weeks prior to interview by means of the following scale: 0) not at all, 1) on several days, 2) on more than half of the days, and 3) nearly every day. Scores range from 0 to 27, with a higher score indicating more symptoms. The scores were categorized as indicating minimal (0 to 4), mild (5 to 9), moderate (10 to 14), moderately severe (15 to 19) and severe depression (20 and over).[4]

Most participants (88.1%) had no, or only minimal depressive symptoms. More females (2.6%) than males (1.5%) reported moderate, moderately severe or severe symptoms of depression in the past two weeks (Table 3.2.1a). Consistent with the prevalence of self-rated depression, females (1.99) had a higher mean depression score than males (1.5), with over half of males (51.4%) reporting a score of zero. Older participants were more likely than their younger counterparts to report being depressed, with 4.3% of those aged 75 and above reporting moderate, moderately severe or severe symptoms compared with 1.4% of those aged 20-24 (Table 3.2.1b).

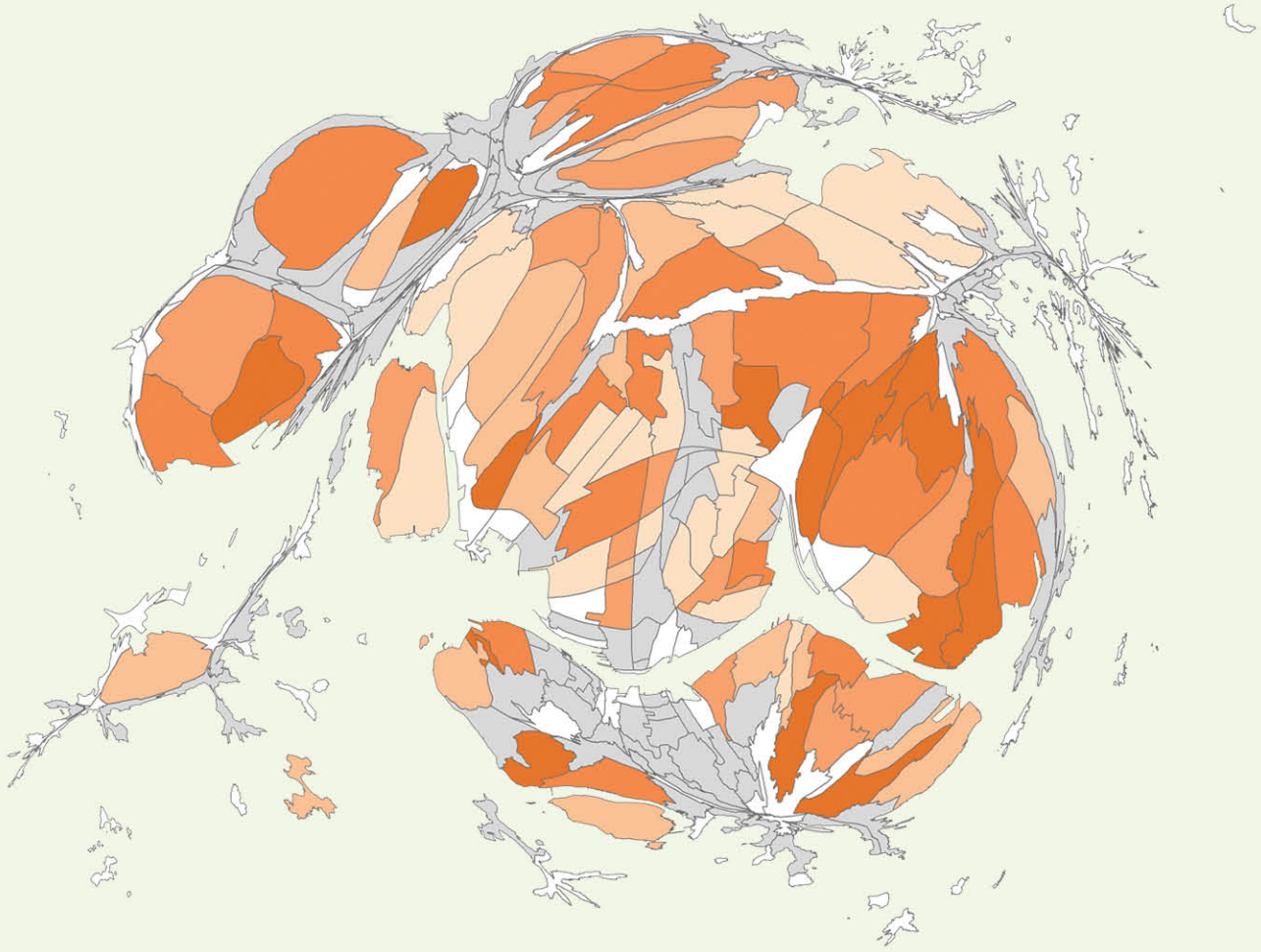
Table 3.2.1a: Depressive symptoms (PHQ-9 score), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Minimal depression (0 - 4)	7,528	86.3	6,599	90.3	14,127	88.1
Mild (5 - 9)	964	11.1	597	8.2	1,561	9.7
Moderate (10 - 14)	166	1.9	71	1.0	237	1.5
Moderately severe (15 - 19)	36	0.4	29	0.4	66	0.4
Severe (≥ 20)	26	0.3	10	0.1	36	0.2
Missing	7	0.1	5	0.1	13	0.1
Total	8,727	100	7,312	100	16,039	100
Mean	1.99		1.50		1.77	
Median	1.00		0.00		1.00	
Standard Deviation	2.94		2.49		2.76	

Table 3.2.1b: Depressive symptoms (PHQ-9 score): number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Minimal depression (0 - 4)	1,074 (84.7%)	2,210 (87.1%)	2,974 (88.0%)	3,641 (89.5%)	2,261 (90.1%)	1,038 (87.8%)	928 (84.8%)	14,127 (88.1%)
Mild (5 - 9)	176 (13.9%)	278 (11.0%)	329 (9.7%)	347 (8.5%)	202 (8.0%)	110 (9.3%)	119 (10.9%)	1,561 (9.7%)
Moderate (10 - 14)	12 (1.0%)	37 (1.4%)	48 (1.4%)	58 (1.4%)	29 (1.2%)	21 (1.7%)	33 (3.0%)	237 (1.5%)
Moderately severe(15 - 19)	5 (0.4%)	6 (0.2%)	16 (0.5%)	13 (0.3%)	11 (0.4%)	7 (0.6%)	7 (0.7%)	66 (0.4%)
Severe (≥ 20)	0 (0.0%)	4 (0.2%)	10 (0.3%)	6 (0.2%)	3 (0.1%)	6 (0.5%)	6 (0.6%)	36 (0.2%)
Missing	0 (0.0%)	2 (0.1%)	4 (0.1%)	3 (0.1%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	13 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	2.02	1.75	1.82	1.69	1.58	1.74	2.08	1.77
Median	1.00	1.00	1.00	1.00	1.00	0.00	1.00	1.00
Standard Deviation	2.65	2.60	2.82	2.64	2.58	3.11	3.35	2.76

Figure 3.2.1a: Mean score of Patient Health Questionnaire (PHQ-9), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Score

- ≤ 1.42
- 1.43 - 1.68
- 1.69 - 1.86
- 1.87 - 2.25
- ≥ 2.26

Mean PHQ-9 score was 1.77 for the FC sample. The area with more depressive symptoms included part of Tseung Kwan O.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with “FAMILY” research sample size larger than or equal to 30. URL will be announced later.

3.2.2 Chinese Health Questionnaire (CHQ-12)

The twelve-item Chinese Health Questionnaire (CHQ-12) has been widely used in Chinese populations. Participants were asked to describe the frequency of experiencing general psychiatric problems, including somatic symptoms, anxiety and worry, social dysfunction and depression over the past 2 weeks.[5] Every item on the CHQ-12 describes one of these three general psychiatric problems and has four possible answers: 0) not at all, 1) about the same as usual, 2) more than usual, and 3) much more than usual. The original version of CHQ-12 from Taiwan was reworded to accommodate conversational styles of Cantonese-speakers.

The five most common distressful symptoms were 'lost much sleep through worry' (9.0%), 'worried about family or close friends' (7.6%), 'taking things hard' (7.4%), 'Suffering from headache or pressure in head' (5.9%), and 'Feeling nervous and strung-up all the time' (5.2%). More females than males reported experiencing distressful symptoms in the past 2 weeks (Table 3.2.2a). Participants aged 45-54 reported the highest prevalence (Table 3.2.2b).

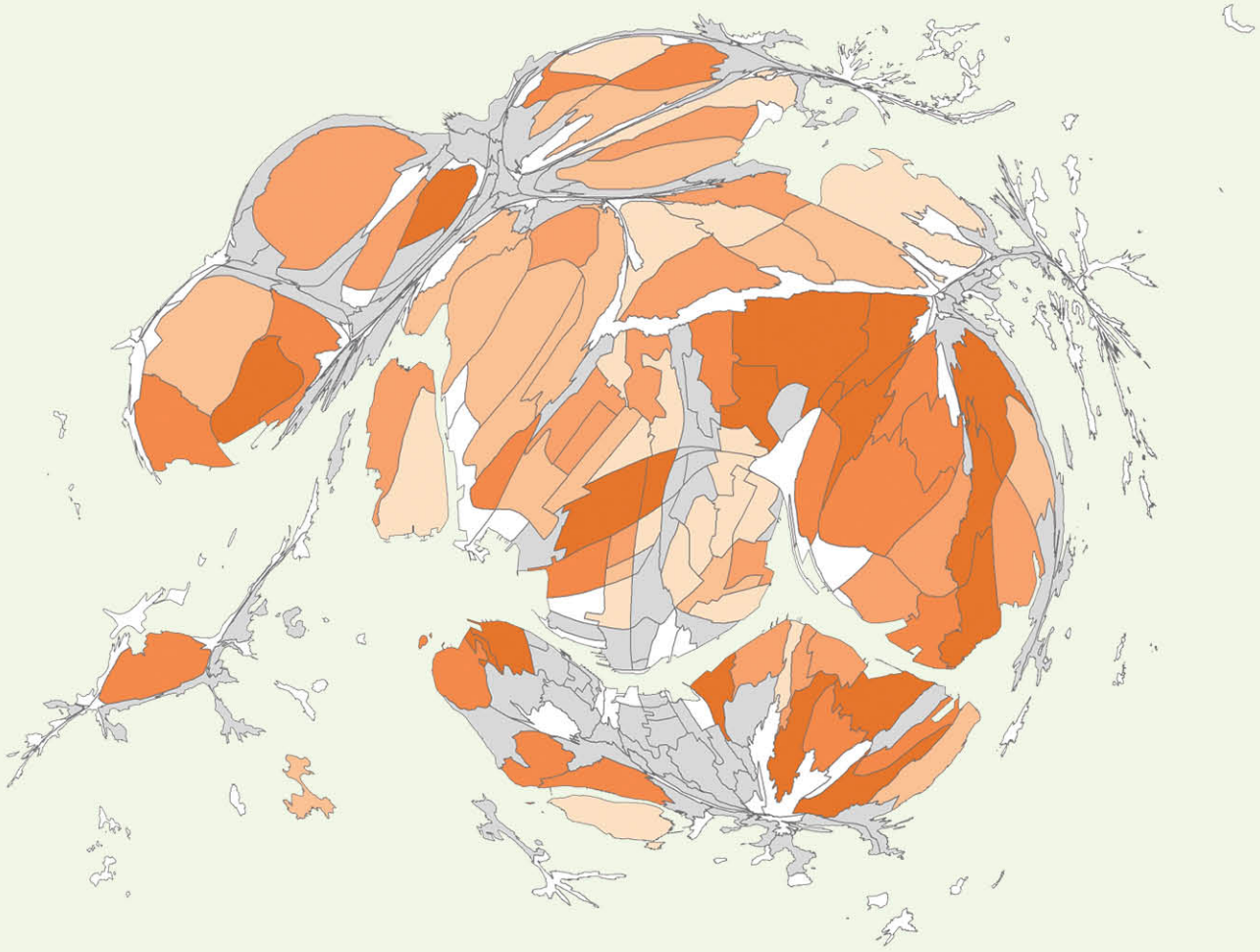
Table 3.2.2a: CHQ-12, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Getting along well with family or friends	8,537	97.8	7,185	98.3	15,721	98.0
Feeling hopeful about future	8,482	97.2	7,129	97.5	15,610	97.3
Lost much sleep through worry	924	10.6	516	7.1	1,440	9.0
Worried about family or close friends	791	9.1	429	5.9	1,220	7.6
Taking things hard	682	7.8	497	6.8	1,179	7.4
Suffering from headache or pressure in head	686	7.9	261	3.6	947	5.9
Feeling nervous and strung-up all the time	540	6.2	288	3.9	828	5.2
Losing self confidence	311	3.6	198	2.7	510	3.2
Palpitations and worried that might have heart trouble	322	3.7	169	2.3	491	3.1
Had discomfort or a feeling of pressure in chest	283	3.2	153	2.1	436	2.7
Suffering from shaking or numbness of limbs	270	3.1	124	1.7	395	2.5
Felt that life is entirely hopeless	108	1.2	97	1.3	205	1.3

Table 3.2.2b: CHQ-12: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Getting along well with family or friends	1,236 (7.9%)	2,495 (15.9%)	3,315 (21.1%)	3,971 (25.3%)	2,458 (15.6%)	1,168 (7.4%)	1,078 (6.9%)	15,721 (100%)
Feeling hopeful about future	1,220 (7.8%)	2,497 (16%)	3,294 (21.1%)	3,949 (25.3%)	2,429 (15.6%)	1,152 (7.4%)	1,070 (6.9%)	15,610 (100%)
Lost much sleep through worry	141 (9.8%)	207 (14.4%)	334 (23.2%)	387 (26.9%)	235 (16.3%)	71 (4.9%)	66 (4.6%)	1,440 (100%)
Worried about family or close friends	88 (7.2%)	198 (16.2%)	322 (26.4%)	327 (26.8%)	187 (15.3%)	67 (5.5%)	30 (2.5%)	1,220 (100%)
Taking things hard	132 (11.2%)	201 (17%)	332 (28.2%)	331 (28.1%)	122 (10.3%)	37 (3.1%)	25 (2.1%)	1,179 (100%)
Suffering from headache or pressure in head	95 (10.0%)	195 (20.6%)	209 (22.1%)	250 (26.4%)	117 (12.4%)	49 (5.2%)	32 (3.4%)	947 (100%)
Feeling nervous and strung-up all the time	84 (10.1%)	124 (15%)	177 (21.4%)	274 (33.1%)	103 (12.4%)	37 (4.5%)	29 (3.5%)	828 (100%)
Losing self confidence	84 (16.5%)	87 (17.1%)	124 (24.3%)	120 (23.5%)	58 (11.4%)	22 (4.3%)	16 (3.1%)	510 (100%)
Palpitations and worried that might have heart trouble	26 (5.3%)	50 (10.2%)	105 (21.4%)	150 (30.5%)	104 (21.2%)	26 (5.3%)	30 (6.1%)	491 (100%)
Had discomfort or a feeling of pressure in chest	23 (5.3%)	55 (12.6%)	78 (17.9%)	129 (29.6%)	80 (18.3%)	37 (8.5%)	34 (7.8%)	436 (100%)
Suffering from shaking or numbness of limbs	18 (4.6%)	34 (8.6%)	65 (16.5%)	107 (27.1%)	78 (19.7%)	41 (10.4%)	51 (12.9%)	395 (100%)
Felt that life is entirely hopeless	21 (10.2%)	29 (14.1%)	50 (24.3%)	43 (20.9%)	37 (18.0%)	11 (5.3%)	15 (7.3%)	205 (100%)

Figure 3.2.2a: Mean score of Chinese Health Questionnaire (CHQ-12), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Score

- ≤ 3.8
- 3.9 - 4.2
- 4.3 - 4.5
- 4.6 - 5.0
- ≥ 5.1

The mean score of CHQ-12 was 4.4 for the FC sample. The area with the highest score was in parts of Western District.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

3.2.3 Stressful life events

Based on the Recent Life Changes Questionnaire (RLCQ),[6] participants of the FAMILY Cohort were asked whether over the past one year they had experienced any of the 18 stressful life events, which included death of a family member or a close friend, unemployment, serious health problems, financial problems, changes in interpersonal relationships, and moving house. In the FAMILY Cohort, four culturally relevant life events were added to the RLCQ list: 'I had a heavier workload (at home, school or work)', 'Somebody in my family had a serious health problem', 'A close friend had a serious health problem', and 'I set up a new household (e.g. moving out of parents' home)'.

Nearly one-third (30.7 %) of participants reported having experienced at least one stressful life events in the year prior to the survey. The top five most commonly experienced were heavier workload (10.8%), family member with a serious health problem (6.8%), worsening financial situation (6.2%), oneself experiencing health problems (5.1%), and death of a family member (4.7%). More females (31.5%) than males (29.6%) reported having undergone one and more of the stressful life events in the past one year (Table 3.2.3a). Participants aged 35-44 (31.1%) reported the highest prevalence of heavier workload. Both young (35-44 years) and middle aged groups (45-54 years) were most likely to have encountered a worsening financial situation, serious health problems or death of a family member than other age groups. Participants aged 45-64 were more likely to have experienced serious health problems (Table 3.2.3b).

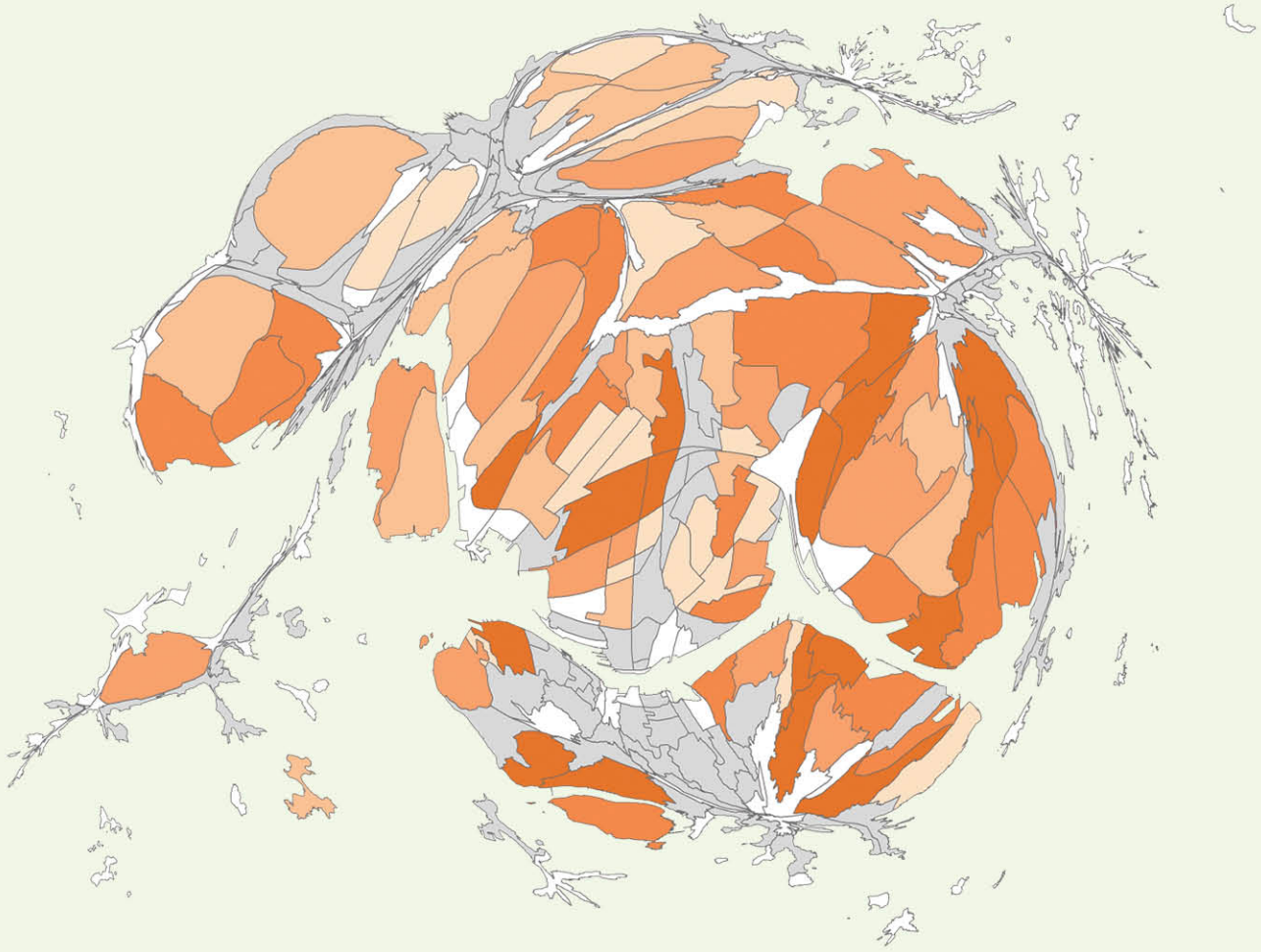
Table 3.2.3a: Exposure to stressful life events in past one year (%), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
I had a heavier workload.	934	10.7	791	10.8	1,726	10.8
Somebody in my family had a serious health problem.	712	8.2	380	5.2	1,092	6.8
I or my family's financial situation got worse.	556	6.4	443	6.1	999	6.2
I had a serious health problem.	512	5.9	312	4.3	824	5.1
Death of a family member.	460	5.3	296	4.0	756	4.7
Fewer/less frequent social activities.	271	3.1	240	3.3	511	3.2
Fewer family get-togethers.	275	3.2	213	2.9	488	3.0
I lost my job/ remained unemployed	176	2.0	194	2.7	370	2.3
Death of a close friend.	166	1.9	148	2.0	315	2.0
A friend had a serious health problem.	142	1.6	75	1.0	217	1.4
My family moved to a new home.	115	1.3	84	1.1	199	1.2
A new person joined our household.	107	1.2	81	1.1	188	1.2
I ended my relationship with a spouse/partner/ boyfriend or girlfriend.	107	1.2	58	0.8	165	1.0
I or a family member moved out of the household.	55	0.6	46	0.6	101	0.6
I started a new relationship.	34	0.4	27	0.4	61	0.4
I set up a new household.	23	0.3	27	0.4	51	0.3
I was arrested or in trouble with the law.	22	0.3	28	0.4	50	0.3
I was a victim of violence.	7	0.1	8	0.1	15	0.1

Table 3.2.3b: Top five common stressful life events: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
I had a heavier workload.	237 (13.7%)	376 (21.8%)	537 (31.1%)	443 (25.7%)	121 (7.0%)	11 (0.6%)	1 (0.0%)	1,726 (100%)
Somebody in my family had a serious health problem.	49 (4.5%)	152 (13.9%)	309 (28.3%)	274 (25.1%)	182 (16.7%)	66 (6.0%)	60 (5.5%)	1,092 (100%)
I or my family's financial situation got worse.	102 (10.2%)	195 (19.5%)	263 (26.3%)	291 (29.1%)	94 (9.4%)	39 (3.9%)	15 (1.5%)	999 (100%)
I had a serious health problem.	37 (4.5%)	53 (6.4%)	125 (15.2%)	197 (23.9%)	184 (22.3%)	110 (13.3%)	118 (14.3%)	824 (100%)
Death of a family member.	37 (4.9%)	122 (16.2%)	205 (27.1%)	209 (27.6%)	109 (14.4%)	26 (3.4%)	48 (6.3%)	756 (100%)

Figure 3.2.3a: Average number of stressful life events, by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Stressful life events

- ≤ 0.34
- 0.35 - 0.46
- 0.47 - 0.53
- 0.54 - 0.62
- ≥ 0.63

The areas where participants experienced the highest number of stressful life events were parts of Quarry Bay and Tseung Kwan O.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

3.3 Self-reported mental health conditions

3.3.1 Depression

Depression is characterized by sadness or emptiness, loss of interest or pleasure in activities that were previously enjoyed, loss of energy or a notable reduction in energy levels, disturbed sleep or appetite, having difficulty in concentration, in conversation engagement with other people or in decision making.[7] Another important characteristic is concerned with suicidal thoughts or intentions.

Overall, 1.2% of participants reported having been diagnosed with depression, and more females than males (1.7% versus 0.7%) (Table 3.3.1a). The lowest prevalence of depression was reported by those aged 20-24 (0.5%) and 75 and above (0.6%) (Table 3.3.1b).

Table 3.3.1a: Prevalence of depression, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Depression	145	1.7	52	0.7	196	1.2
No Depression	8,578	98.3	7,257	99.3	15,835	98.7
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 3.2.1b: Prevalence of depression: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Depression	6 (0.5%)	22 (0.9%)	44 (1.3%)	59 (1.5%)	49 (1.9%)	10 (0.9%)	6 (0.6%)	196 (1.2%)
No Depression	1,262 (99.5%)	2,514 (99.1%)	3,334 (98.6%)	4,007 (98.5%)	2,459 (98.0%)	1,172 (99.1%)	1,088 (99.4%)	15,835 (98.7%)
Don't know	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

3.3.2 Anxiety disorder

Anxiety, a common response or reaction of the individual encountering a 'fight or flight' situation, includes symptoms of increased heart rate, tensed muscles and feeling of fear. Anxiety disorder is characterized by overwhelming feelings of panic and fear when the stimulus does not warrant such a reaction, or when there is no recognisable stimulus at all.[7]

Overall, 0.6% of participants reported being diagnosed with anxiety disorder by a Western medical practitioner, slightly more females than males (0.6% versus 0.5%) (Table 3.3.2a). Participants aged 45-64 (about 0.9%) were more likely to be diagnosed with anxiety disorder than other age groups (Table 3.3.2b).

Table 3.3.2a: Prevalence of anxiety disorder, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Anxiety	54	0.6	37	0.5	90	0.6
No Anxiety	8,669	99.3	7,272	99.5	15,941	99.4
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 3.3.2b: Prevalence of anxiety disorder: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Anxiety	4 (0.3%)	5 (0.2%)	18 (0.5%)	37 (0.9%)	22 (0.9%)	2 (0.1%)	2 (0.2%)	90 (0.6%)
No Anxiety	1,264 (99.7%)	2,530 (99.8%)	3,360 (99.4%)	4,029 (99.0%)	2,485 (99.0%)	1,181 (99.9%)	1,092 (99.8%)	15,941 (99.4%)
Don't know	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

3.3.3 Schizophrenia

Schizophrenia is more likely to begin at adolescence and early adulthood among males, and a few years later among females. It is usually the result of a stressful period, such as beginning college or starting a first full-time job. People with schizophrenia often suffer auditory hallucinations, paranoid or bizarre delusions, and/or disorganized speech and thinking, causing significant social or occupational dysfunction.[7]

Overall, 0.2% of participants reported being diagnosed with schizophrenia, more males than females (0.3% versus 0.2%) (Table 3.3.3a). There was no apparent difference in the prevalence by age groups (Table 3.3.3b).

Table 3.3.3a: Prevalence of schizophrenia, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Schizophrenia	15	0.2	19	0.3	35	0.2
No Schizophrenia	8,708	99.8	7,289	99.7	15,997	99.7
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 3.3.3b: Prevalence of schizophrenia: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Schizophrenia	1 (0.1%)	4 (0.2%)	12 (0.4%)	10 (0.3%)	3 (0.1%)	1 (0.1%)	3 (0.2%)	35 (0.2%)
No Schizophrenia	1,266 (99.9%)	2,532 (99.8%)	3,366 (99.6%)	4,056 (99.7%)	2,504 (99.8%)	1,182 (99.9%)	1,091 (99.8%)	15,997 (99.7%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

3.3.4 Dementia

Dementia is a syndrome characterized by an overall decrement in cognitive functioning, having difficulty with short- or/and long-term memory, impaired intellectual capacity and lack of ability to perform everyday activities. [7]

Overall, 0.2% of participants reported being diagnosed with dementia by a Western medical practitioner, more females than males (0.3% versus 0.1%) (Table 3.3.4a). This prevalence may be underestimated among moderate or severe dementia cases, however, as they may not be able to recall being diagnosis with dementia. The prevalence of dementia increased with age, from 0.1% for participants aged 55-64 to 2.4% for participants aged 75 and above (Table 3.3.4b).

Table 3.3.4a: Prevalence of dementia, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Dementia	29	0.3	4	0.1	33	0.2
No Dementia	8,694	99.6	7,305	99.9	15,998	99.7
Missing	4	0.1	3	0.0	7	0.0
Total	8,727	100	7,312	100	16,039	100

Table 3.3.4b: Prevalence of dementia: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Dementia	0 (0.0%)	0 (0.0%)	1 (0.0%)	0 (0.0%)	2 (0.1%)	4 (0.3%)	26 (2.4%)	33 (0.2%)
No Dementia	1,268 (100%)	2,536 (100%)	3,377 (99.9%)	4,066 (99.9%)	2,506 (99.8%)	1,178 (99.7%)	1,068 (97.6%)	15,998 (99.7%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	7 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

3.3.5 Suicide

Suicidal ideation or self-hurt thoughts were assessed by the question: 'Over the last 2 weeks, how often have you been bothered by thinking that you would be better off dead or that you want to hurt yourself in some way'.[4] Participants were asked to rate the frequency of such thought as 'not at all', 'several days', 'more than half of the days', or 'nearly every day'. Overall, 1.7% of participants reported that they had thought of committing suicide in the past two weeks, female (2.1%) being more likely than males (1.2%) to have such thoughts (Table 3.3.5a). The prevalence of suicidal ideation of self-hurt thoughts increased with age, where 4.2% of participants aged 75 and above had thought about suicide, while only 1.2 to 2.1% for other age groups (Table 3.3.5b).

Table 3.3.5a: Thought of suicide in the past 2 weeks, by sex

Think you would be better off dead or want to hurt yourself in some way	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Not at all	8,534	97.8	7,227	98.8	15,761	98.3
Several days	148	1.7	70	1.0	218	1.4
More than half of the days	25	0.3	5	0.1	29	0.2
Nearly every day	13	0.1	5	0.1	18	0.1
Missing	7	0.1	5	0.1	13	0.1
Total	8,727	100	7,312	100	16,039	100

Table 3.3.5b: Thought of suicide in the past 2 weeks: number of persons (%) by age group (in years)

Think you would be better off dead or want to hurt yourself in some way	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Not at all	1,240 (97.8%)	2,504 (98.7%)	3,323 (98.3%)	4,011 (98.6%)	2,474 (98.6%)	1,160 (98.1%)	1,048 (95.8%)	15,761 (98.3%)
Several days	27 (2.1%)	28 (1.1%)	39 (1.2%)	43 (1.1%)	26 (1.0%)	16 (1.4%)	39 (3.6%)	218 (1.4%)
More than half of the day	0 (0.0%)	2 (0.1%)	9 (0.3%)	7 (0.2%)	5 (0.2%)	3 (0.3%)	3 (0.3%)	29 (0.2%)
Nearly every day	0 (0.0%)	0 (0.0%)	5 (0.1%)	5 (0.1%)	2 (0.1%)	3 (0.3%)	3 (0.3%)	18 (0.1%)
Missing	0 (0.0%)	2 (0.1%)	4 (0.1%)	3 (0.1%)	3 (0.1%)	0 (0.0%)	0 (0.0%)	13 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

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Chapter 4 Harmony

The ancient Chinese believed that family harmony was the prerequisite to a peaceful world, as evident in the Chinese saying, 'If there is beauty in character, there will be harmony in the home; if there is harmony in the home, there will be order in the nation; if there is order in the nation, there will be peace in the world'.[1] Ideal family dynamics throughout the life cycle emphasise closeness and harmonious functioning to an extent greater in Asian than in Western cultures.[2] The FAMILY Cohort studied various aspects of family harmony, including family support and the relationship between harmony and contentment.

4.1 Standardised scales

4.1.1 Harmony

Perceived family support was measured using 'Family APGAR' (adaptability, partnership, growth, affection and resolve), a five-item three-point (0-2) scale.[3] The total scores ranged from 0 to 10, with higher scores indicating better family support. The overall mean score of all participants was 6.9 (Table 4.1.1a), and females on average rated 0.4 points higher than their male counterparts. Participants aged 55 and above had the highest level of support (7.1), while those aged 20-24 had the lowest (6.6) (Table 4.1.1b).

Table 4.1.1a: Family support (Family APGAR, range 0 - 10), by sex

	Females		Males		Total	
Family APGAR	**No. of persons**	**%**	**No. of persons**	**%**	**No. of persons**	**%**
0	625	7.2	626	8.6	1,251	7.8
1 - 2	302	3.5	270	3.7	572	3.6
3 - 4	546	6.3	509	7.0	1,055	6.6
5	1,623	18.6	1,503	21.4	3,126	19.5
6 - 7	1,013	11.6	1,001	13.7	2,013	12.6
8 - 9	1,104	12.6	862	11.8	1,966	12.3
10	3,508	40.2	2,536	34.7	6,045	37.7
Missing	7	0.1	4	0.1	10	0.1
Total	8,727	100	7,312	100	16,039	100
Mean	7.07		6.70		6.90	
Median	8.00		7.00		7.00	
Standard deviation	3.16		3.21		3.19	

Table 4.1.1b: Family support (Family APGAR, range 0 - 10): number of persons (%) by age group (in years)

Family APGAR	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
0	83 (6.6%)	153 (6.0%)	212 (6.3%)	358 (8.8%)	185 (7.4%)	123 (10.4%)	137 (12.6%)	1,251 (7.8%)
1 - 2	52 (4.1%)	93 (3.7%)	135 (4.0%)	151 (3.7%)	76 (3.0%)	36 (3.0%)	29 (2.7%)	572 (3.6%)
3 - 4	106 (8.3%)	202 (8.0%)	231 (6.8%)	264 (6.5%)	152 (6.1%)	58 (4.9%)	43 (3.9%)	1,055 (6.6%)
5	286 (22.6%)	560 (22.1%)	656 (19.4%)	785 (19.3%)	498 (19.9%)	184 (15.5%)	157 (14.3%)	3,126 (19.5%)
6 - 7	194 (15.3%)	351 (13.8%)	445 (13.2%)	544 (13.4%)	245 (9.8%)	137 (11.6%)	98 (8.9%)	2,013 (12.6%)
8 - 9	158 (12.5%)	309 (12.2%)	455 (13.5%)	566 (13.9%)	266 (10.6%)	132 (11.2%)	80 (7.3%)	1,966 (12.3%)
10	388 (30.6%)	868 (34.2%)	1,243 (36.8%)	1,398 (34.4%)	1,083 (43.2%)	514 (43.4%)	551 (50.3%)	6,045 (37.7%)
Missing	1 (0.1%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	4 (0.2%)	0 (0.0%)	0 (0.0%)	10 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)
Mean	6.61	6.8	6.97	6.75	7.13	7.05	7.12	6.90
Median	7.00	7.00	8.00	7.00	8.00	8.00	10.00	7.00
Standard deviation	3.05	3.05	3.09	3.22	3.19	3.37	3.56	3.19

Higher perceived family support was associated with higher monthly household income (Figure 4.1.1a). Participants with the lowest monthly household income (<4,000 HKD) had a mean family support score of 5.7, while those in the highest income group (≥30,000 HKD) had a mean support score of 7.3.

Figure 4.1.1a Family support (Family APGAR) by monthly household income.

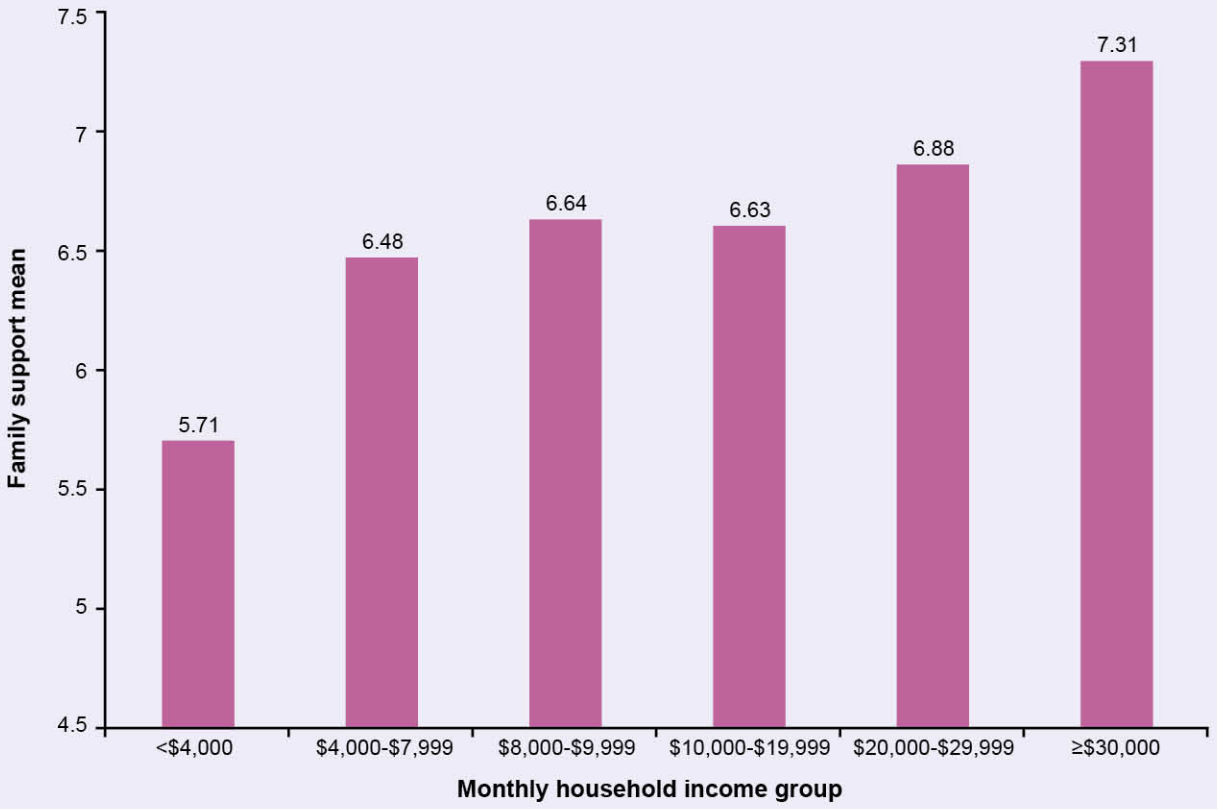
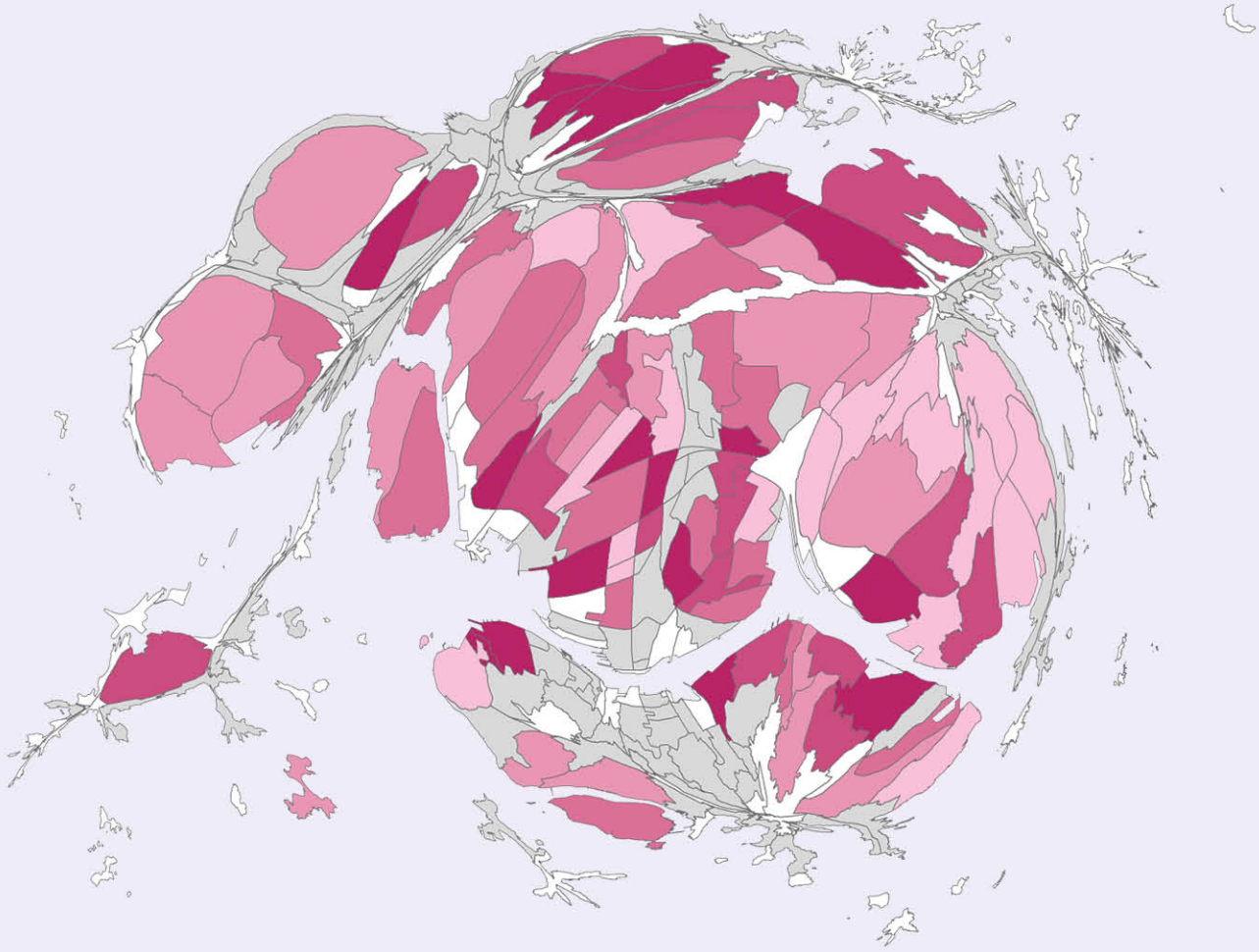


Table4.1.1c: Family support (Family APGAR), by monthly household income

Family APGAR	<$4,000	$4,000-$7,999	$8,000-$9,999	$10,000-$19,999	$20,000-$29,999	≥$30,000
Mean	5.71	6.48	6.64	6.63	6.88	7.31
Median	5.00	7.00	7.00	7.00	7.00	8.00
Standard deviation	3.87	3.53	3.31	3.25	3.13	2.94

Figure 4.1.1b: Mean score of family support (Family APGAR), by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Score

- ≤ 6.5
- 6.6 - 6.8
- 6.9 - 7.0
- 7.1 - 7.4
- ≥ 7.5

Mean Family APGAR score was 6.9 for the FC sample. The area with the best family support was part of Tin Hau.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

4.1.2 Harmony and contentment

Harmony and contentment were measured by means of the 24 items listed in Table 4.1.2a, which were classified into five domains: identity, absence of conflicts, effective communication, forbearance and spending time with family. The last four domains were regarded as important features of a harmonious family.[4] Participants were asked to rate each item on a five-point Likert scale, with 'Strongly agree' and 'Agree' treated as positive responses. No differences were observed in the distribution of positive responses between males and females in all 24 items (Table 4.1.2a). Around 90% of the participants were positive towards each of the harmony items except for those in the domain of identity ('I am proud of my family', 'I share my family's aspirations', and 'I am proud of my family name'). The proportion of positive responses was higher among participants aged 35-64 and lower among those aged 20-34 and 65 and above (Table 4.1.2b).

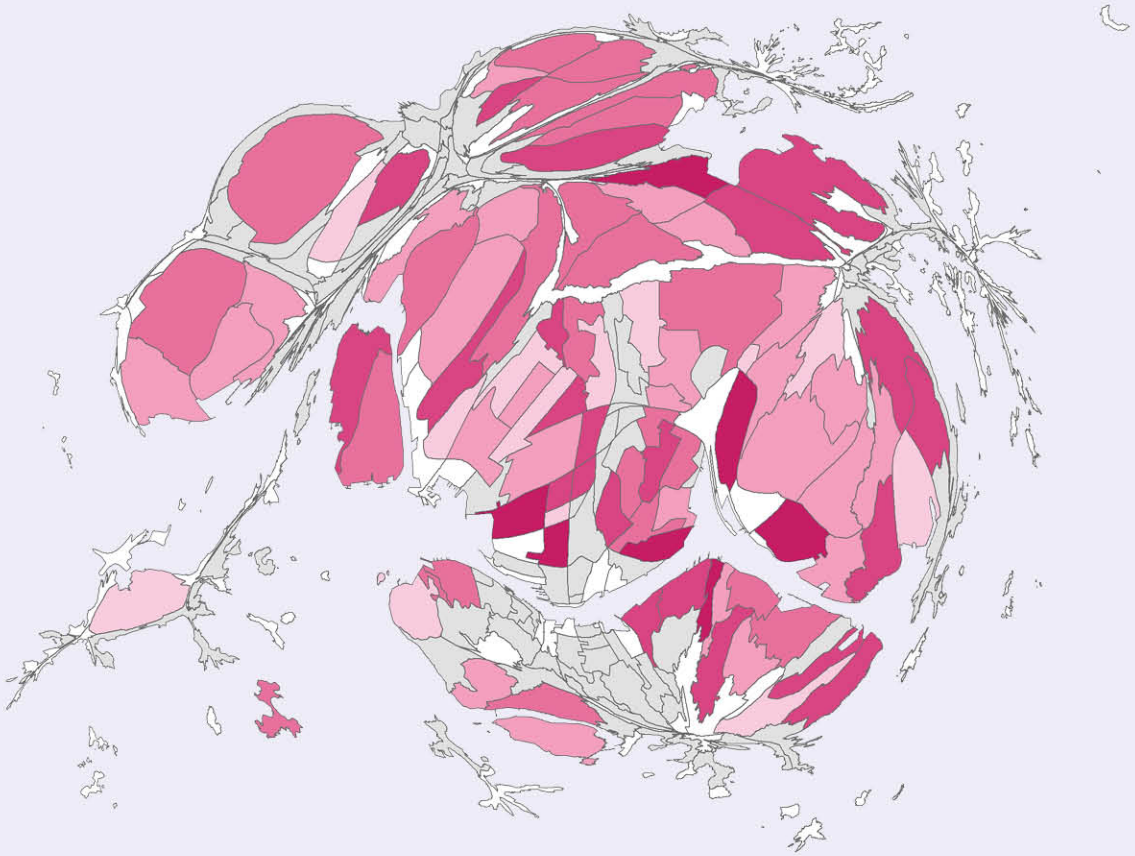
Table 4.1.2a: Harmony and contentment items (% responding ‘strongly agree’ / ‘agree’), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
The family gets along well.	8,031	92.0	6,715	91.8	14,746	91.9
I am proud of my family.	6,794	77.9	5,703	78.0	12,497	77.9
I share my family's aspirations.	6,988	80.1	5,724	78.3	12,712	79.3
I am proud of my family name.	6,409	73.4	5,263	72.0	11,672	72.8
Family members are happy to live together.	7,998	91.6	6,742	92.2	14,740	91.9
Generally, I am content with my family.	8,150	93.4	6,871	94.0	15,021	93.7
Compared with other families, we are very close to each other.	7,937	90.9	6,610	90.4	14,546	90.8
Family members care about each other.	8,077	92.6	6,796	92.9	14,873	92.7
Family members express their care and concern to each other directly.	7,874	90.2	6,577	89.9	14,451	90.1
Family members talk to each other.	7,916	90.7	6,557	89.7	14,473	90.2
Family members accommodate each other.	8,064	92.4	6,769	92.6	14,833	92.5
Family members are patient with each other.	7,948	91.1	6,710	91.8	14,657	91.4
Family members listen to each other’s opinions.	7,860	90.1	6,631	90.7	14,490	90.3
Family members take care of each other.	8,219	94.2	6,864	93.9	15,083	94.0
Family members understand each other.	7,817	89.6	6,586	90.1	14,402	89.8
Family members love each other.	8,139	93.3	6,812	93.2	14,951	93.2
The family can resolve conflicts constructively.	7,680	88.0	6,540	89.4	14,219	88.7
Family members respect each other.	8,092	92.7	6,798	93.0	14,899	92.8
Even when family members have different opinions, we can get along together.	7,946	91.1	6,695	91.6	14,641	91.4
The family's day-to-day interactions are peaceful.	8,116	93.0	6,854	93.7	14,970	93.3
Family members try to work things out calmly.	7,681	88.0	6,551	89.6	14,233	88.7
The family is harmonious.	8,121	93.1	6,828	93.4	14,949	93.2
The family functions well for all members.	8,171	93.6	6,855	93.7	15,026	93.7
The family is a happy place to be.	8,110	92.9	6,804	93.1	14,914	93.0

Table 4.1.2b: Harmony and contentment items: number of persons responding 'strongly agree' or 'agree' (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
The family gets along well.	1,129 (89.1%)	2,321 (91.5%)	3,127 (92.5%)	3,754 (92.3%)	2,324 (92.6%)	1,108 (93.7%)	983 (89.8%)	14,746 (91.9%)
I am proud of my family.	996 (78.6%)	2,008 (79.2%)	2,643 (78.2%)	3,166 (77.8%)	2,008 (80.0%)	886 (74.9%)	790 (79.2%)	12,497 (77.9%)
I share my family's aspirations.	936 (73.8%)	1,951 (76.9%)	2,712 (80.2%)	3,309 (81.3%)	2,067 (82.3%)	914 (77.3%)	824 (75.3%)	12,712 (79.3%)
I am proud of my family name.	899 (70.9%)	1,799 (70.9%)	2,431 (71.9%)	2,966 (72.9%)	1,884 (75.1%)	869 (73.5%)	824 (75.3%)	11,672 (72.8%)
Family members are happy to live together.	1,135 (89.5%)	2,289 (90.2%)	3,111 (92.0%)	3,802 (93.4%)	2,341 (93.3%)	1,089 (92.1%)	973 (89.0%)	14,740 (91.9%)
Generally, I am content with my family.	1,162 (91.7%)	2,369 (93.4%)	3,182 (94.2%)	3,843 (94.5%)	2,365 (94.2%)	1,111 (94.0%)	989 (90.4%)	15,021 (93.7%)
Compared with other families, we are very close to each other.	1,080 (85.2%)	2,227 (87.8%)	3,088 (91.4%)	3,737 (91.9%)	2,355 (93.8%)	1,075 (90.9%)	984 (89.9%)	14,546 (90.8%)
Family members care about each other.	1,142 (90.1%)	2,301 (90.7%)	3,162 (93.5%)	3,804 (93.5%)	2,371 (94.5%)	1,104 (93.3%)	990 (90.5%)	14,873 (92.7%)
Family members express their care and concern to each other directly.	1,052 (83.0%)	2,216 (87.4%)	3,069 (90.8%)	3,721 (91.5%)	2,316 (92.3%)	1,094 (92.5%)	982 (89.8%)	14,451 (90.1%)
Family members talk to each other.	1,092 (86.1%)	2,205 (86.9%)	3,070 (90.8%)	3,739 (91.9%)	2,311 (92.1%)	1,100 (93.0%)	956 (87.4%)	14,473 (90.2%)
Family members accommodate each other.	1,127 (88.9%)	2,328 (91.8%)	3,133 (92.7%)	3,801 (93.4%)	2,341 (93.3%)	1,113 (94.1%)	990 (90.5%)	14,833 (92.5%)
Family members are patient with each other.	1,100 (86.8%)	2,262 (89.2%)	3,095 (91.6%)	3,752 (92.2%)	2,352 (93.7%)	1,098 (92.8%)	998 (91.2%)	14,657 (91.4%)
Family members listen to each other's opinions.	1,086 (85.6%)	2,227 (87.8%)	3,061 (90.5%)	3,740 (91.9%)	2,309 (92.0%)	1,090 (92.2%)	978 (89.4%)	14,490 (90.3%)
Family members take care of each other.	1,154 (91.0%)	2,381 (93.9%)	3,201 (94.7%)	3,864 (95.0%)	2,369 (94.4%)	1,110 (93.9%)	1,002 (91.6%)	15,083 (94.0%)
Family members understand each other.	1,062 (83.8%)	2,210 (87.1%)	3,061 (90.5%)	3,711 (91.2%)	2,299 (91.6%)	1,086 (91.8%)	974 (89.1%)	14,402 (89.8%)
Family members love each other.	1,145 (90.3%)	2,325 (91.7%)	3,195 (94.5%)	3,829 (94.1%)	2,362 (94.1%)	1,105 (93.4%)	990 (90.5%)	14,951 (93.2%)
The family can resolve conflicts constructively.	996 (78.6%)	2,165 (85.3%)	3,039 (89.9%)	3,686 (90.6%)	2,287 (91.1%)	1,085 (91.7%)	962 (88.0%)	14,219 (88.7%)
Family members respect each other.	1,120 (88.4%)	2,329 (91.8%)	3,158 (93.4%)	3,818 (93.8%)	2,370 (94.4%)	1,104 (93.3%)	991 (90.6%)	14,899 (92.8%)
Even when family members have different opinions, we can get along together.	1,083 (85.4%)	2,268 (89.4%)	3,090 (91.4%)	3,755 (92.3%)	2,352 (93.7%)	1,114 (94.2%)	980 (89.6%)	14,641 (91.4%)
The family's day-to-day interactions are peaceful.	1,139 (89.8%)	2,351 (92.7%)	3,175 (93.9%)	3,830 (94.1%)	2,370 (94.4%)	1,107 (93.6%)	999 (91.3%)	14,970 (93.3%)
Family members try to work things out calmly.	1,037 (81.8%)	2,183 (86.1%)	2,997 (88.7%)	3,624 (89.1%)	2,299 (91.6%)	1,104 (93.3%)	989 (90.4%)	14,233 (88.7%)
The family is harmonious.	1,145 (90.3%)	2,346 (92.5%)	3,150 (93.2%)	3,814 (93.8%)	2,371 (94.5%)	1,121 (94.8%)	1,003 (91.7%)	14,949 (93.2%)
The family functions well for all members.	1,147 (90.5%)	2,360 (93.0%)	3,173 (93.9%)	3,849 (94.6%)	2,380 (94.8%)	1,114 (94.2%)	1,002 (91.6%)	15,026 (93.7%)
The family is a happy place to be.	1,132 (89.3%)	2,320 (91.5%)	3,166 (93.7%)	3,827 (94.1%)	2,371 (94.5%)	1,110 (93.9%)	987 (90.2%)	14,914 (93.0%)

Figure 4.1.2a: Agree with statement of 'The family gets along well', proportion by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Proportion (%)

- ≤ 87.4
- 87.5 - 91.4
- 91.5 - 94.0
- 94.1 - 96.4
- ≥ 96.5

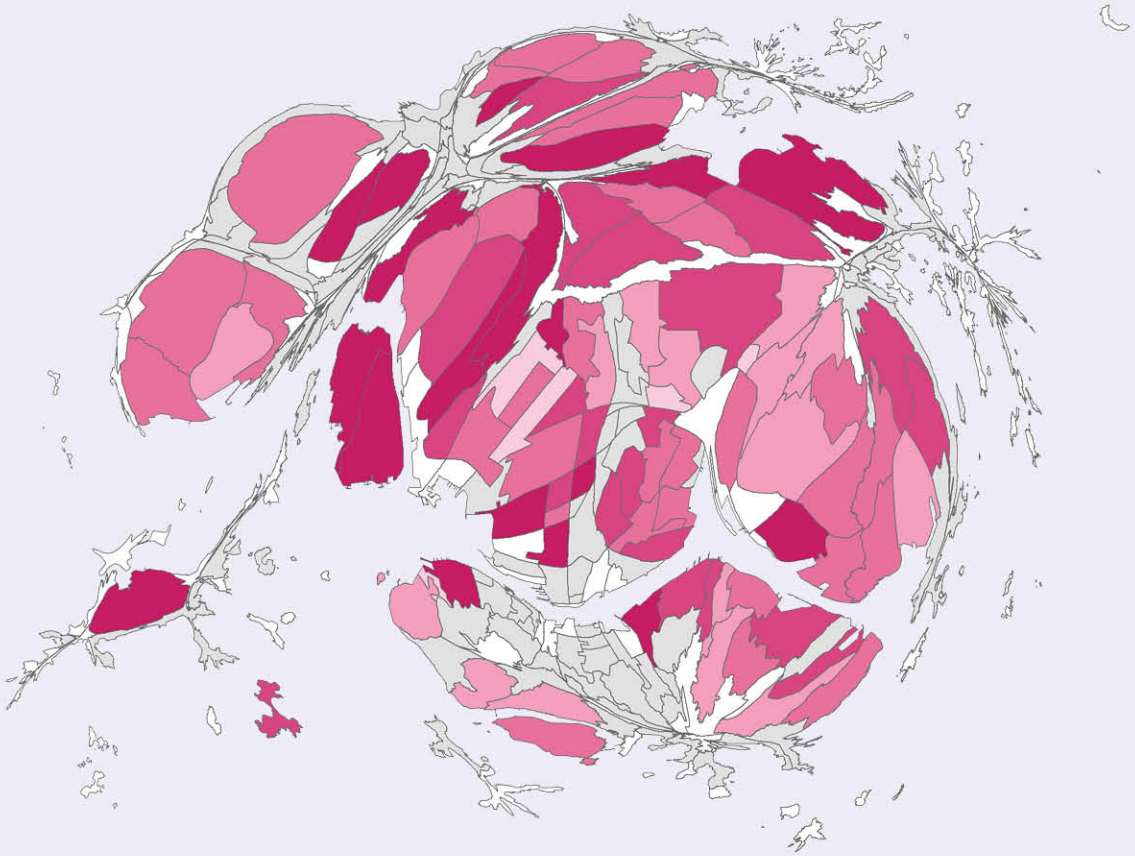
92.0% among the FC sample agreed with the statement of 'The family gets along well'. Parts of Sha Tin, Kau To, Fo Tan and North Point had the highest agreement proportion.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Figure 4.1.2b: Agree with statement of 'Family Members are happy to live together', proportion by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Proportion (%)

- ≤ 74.5
- 83.7 - 89.1
- 89.2 - 92.4
- 92.5 - 95.3
- ≥ 95.4

92.0% of the FC sample agreed with this statement. Parts of Tai Kok Tsui, Yau Ma Tei, Sha Tin, Fo Tan and Kau To had the highest agreement proportion.

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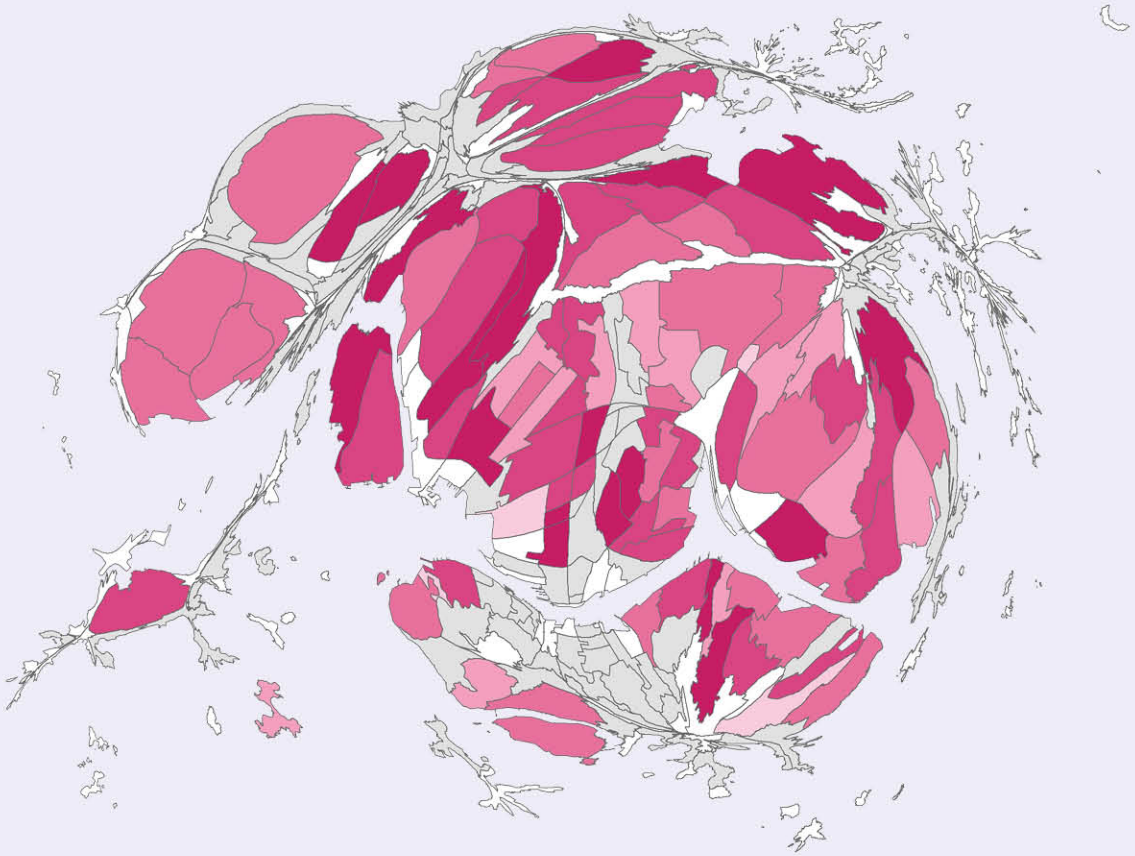
Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Figure 4.1.2c: Agree with statement of 'Family members express their care and concern to each other directly', proportion by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Proportion (%)

- ≤ 76.6
- 76.7 - 85.5
- 85.9 - 89.8
- 89.9 - 93.5
- ≥ 93.6

90.2% of the FC sample agreed with this statement. Parts of North Point had the highest agreement proportion.

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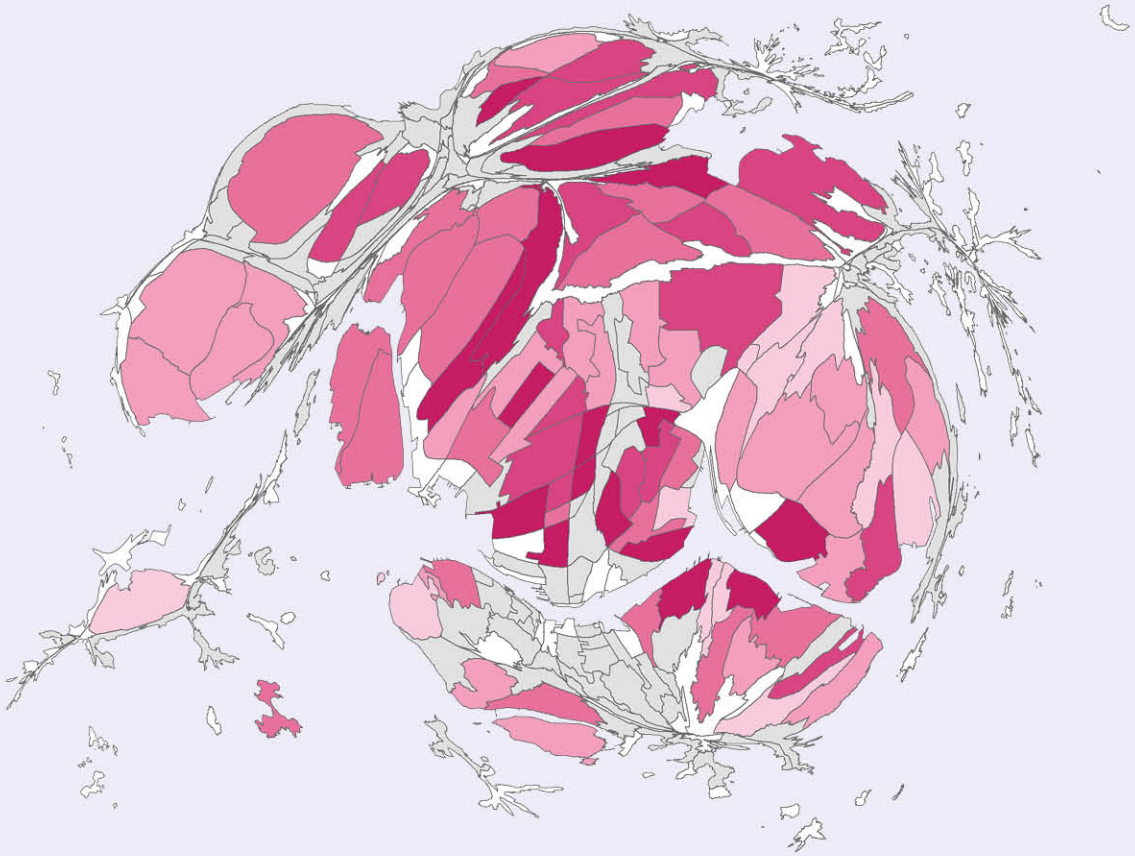
Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

Figure 4.1.2d: Agree with statement of 'My family can resolve conflicts constructively', proportion by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Proportion (%)

- ≤ 82.4
- 82.5 - 87.0
- 87.1 - 90.6
- 90.7 - 93.4
- ≥ 93.5

88.7% of the FC sample agreed with this statement. Parts of Hung Hom had the highest agreement proportion.

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Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

4.1.3 Concord scale

The dyadic relationships within households were measured using the ten-item Concord Scale.[5] The total scores ranged from 10 to 70, with higher scores indicating better relationships among family members. The scale was employed in a round-robin manner, that is, all members in a household were asked to rate their relationship with each other member. Taking a two-parent, two-grandparent, one-child family in our cohort as an example, relationship-specific measures of each person's experience of family concord or conflicts would be obtained from each of the four partners, yielding 20 measurements of perceived family concord or conflicts (5 persons rating 4 partners = 20 observations). The score in the actor-family perspective, the mean score given by a household member to all other members, was presented. The average score was 56.3 (Table 4.1.3a), and no difference was observed between the sexes. Younger participants of 20-24 had the lowest concord score (54.0), which indicated that their self-rated relationships with household members were worse than those of other participants (Table 4.1.3b).

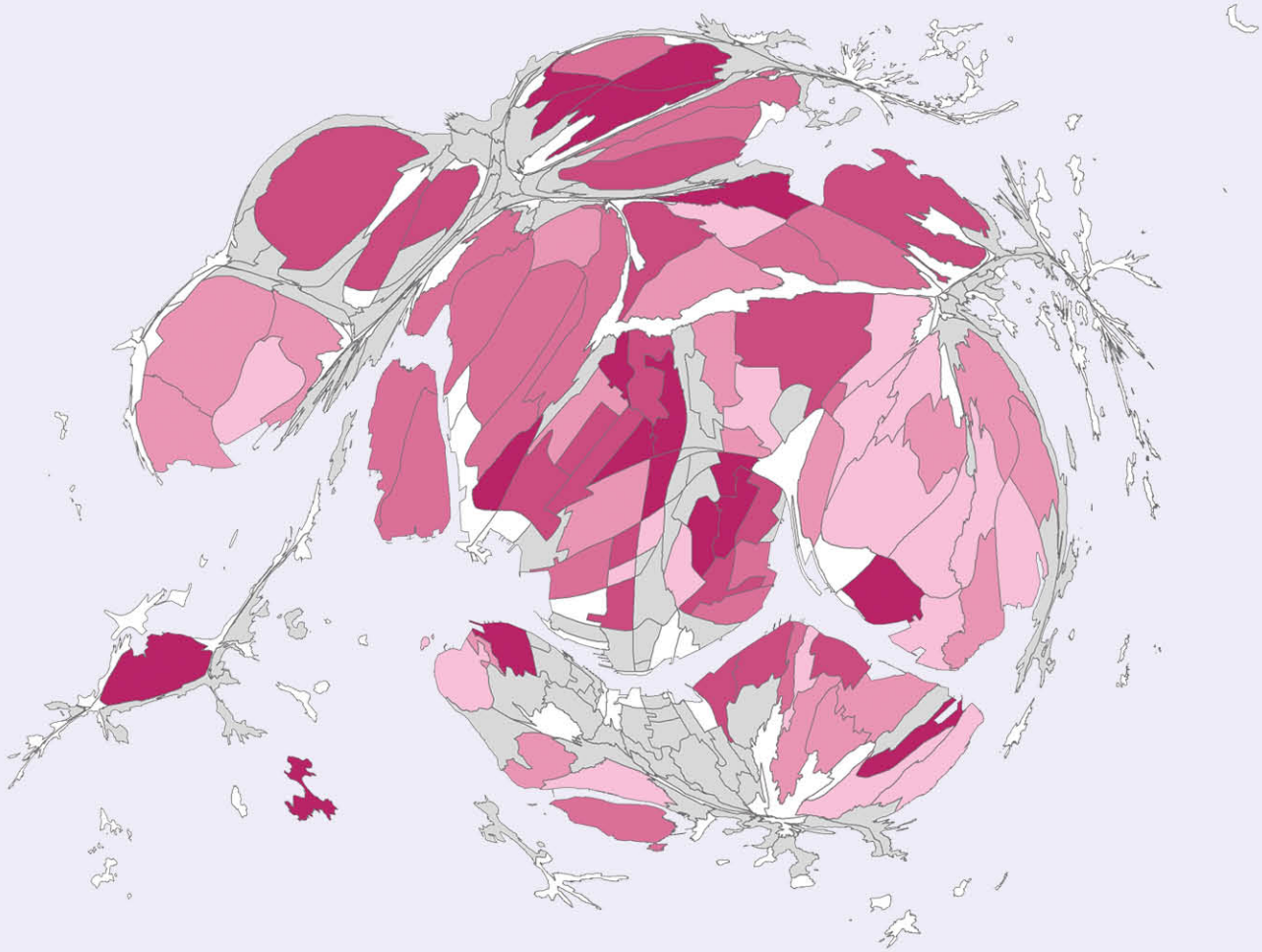
Table 4.1.3a: Concord score (actor-family perspective), by sex

	Females		Males		Total	
Concord score	**No. of persons**	**%**	**No. of persons**	**%**	**No. of persons**	**%**
<50.0	938	11.4	842	12.2	1,780	11.8
50.0 - 54.9	1,346	16.4	1,158	16.8	2,504	16.6
55.0 - 59.9	3,455	42.1	2,991	43.4	6,446	42.7
60.0 - 64.9	1,945	23.7	1,597	23.2	3,542	23.5
≥65.0	436	5.3	286	4.1	722	4.8
Missing	77	0.9	20	0.3	97	0.6
Total	8,197	100	6,894	100	15,091	100
Mean	56.4		56.2		56.3	
Median	57.7		57.3		57.5	
Standard deviation	6.15		5.92		6.05	

Table 4.1.3b: Concord score (actor-family perspective): number of persons (%) by age group (in years)

Concord score	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
<50.0	328 (26.4%)	353 (14.5%)	343 (10.6%)	377 (9.7%)	199 (8.5%)	73 (6.8%)	109 (11.9%)	1,780 (11.8%)
50.0 - 54.9	202 (16.3%)	451 (18.6%)	526 (16.3%)	618 (15.9%)	394 (16.9%)	162 (15.3%)	150 (16.4%)	2,504 (16.6%)
55.0 - 59.9	455 (36.7%)	931 (38.4%)	1,345 (41.6%)	1,799 (46.3%)	1,061 (45.5%)	470 (44.3%)	385 (42.0%)	6,446 (42.7%)
60.0 - 64.9	198 (16.0%)	554 (22.8%)	798 (24.7%)	878 (22.6%)	582 (25.0%)	297 (28.0%)	234 (25.5%)	3,542 (23.5%)
≥65.0	54 (4.3%)	111 (4.6%)	180 (5.6%)	200 (5.1%)	89 (3.8%)	58 (5.5%)	30 (3.3%)	722 (4.8%)
Missing	3 (0.3%)	26 (1.1%)	38 (1.2%)	15 (0.4%)	6 (0.3%)	0 (0.0%)	9 (1.0%)	98 (0.6%)
Total	1,240 (100%)	2,425 (100%)	3,230 (100%)	3,886 (100%)	2,331 (100%)	1,061 (100%)	918 (100%)	15,091 (100%)
Mean	54.0	55.7	56.6	56.8	56.7	57.2	56.0	56.3
Median	56.0	57.0	58.0	58.0	57.8	58.0	57.0	57.5
Standard deviation	7.21	6.68	5.91	5.59	5.49	5.54	6.01	6.05

Figure 4.1.3a: Mean concord score, by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Score

- ≤ 55.1
- 55.2 - 56.1
- 56.2 - 56.6
- 56.7 - 57.5
- ≥ 57.6

Mean concord score was 56.3 for the FC sample, with the highest score in part of Ma Tau Wai.

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Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with “FAMILY” research sample size larger than or equal to 30. URL will be announced later.

4.1.4 Source of conflict

A total of 12 sources of dyadic conflict (i.e. conflicts between any two household members), including family relationships, work commitments, financial priorities, personal habits and so on, were also examined in a round-robin manner to measure conflict within the family. Participants indicated whether they had experienced the various sources of conflict with any other household members during the three months prior to the survey. A higher score indicated more severe conflict. The score in the actor-family perspective were computed by averaging a particular member's number of sources of conflict on all other household members. Nearly half (46.8%) of the participants reported having no source of conflict, and the average number of sources was 1.21 (Table 4.1.4a). Younger participants had more severe conflicts than older participants (Table 4.1.4b). 32.5% of those aged 35-44 had no conflicts with any other household members, whereas this number was doubled among those aged 65 and above.

Table 4.1.4a: Conflict scale (average number of events), by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
0	3,718	45.4	3,351	48.6	7,069	46.8
0.1 - 1.0	2,065	25.2	1,715	24.9	3,780	25.0
1.1 - 2.0	926	11.3	735	10.7	1,661	11.0
2.1 - 3.0	493	6.0	323	4.7	816	5.4
>3	917	11.2	755	11.0	1,672	11.1
Missing	78	1.0	15	0.2	93	0.6
Total	8,197	100	6,894	100	15,091	100
Mean	1.23		1.19		1.21	
Median	0.33		0.25		0.33	
Standard deviation	2.03		2.13		2.08	

Table 4.1.4b: Conflict scale (average number of events): number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
0	528 (42.6%)	1,143 (47.1%)	1,051 (32.5%)	1,590 (40.9%)	1,377 (59.1%)	702 (66.2%)	678 (73.9%)	7,069 (46.8%)
0.1 - 1.0	296 (23.9%)	488 (20.1%)	924 (28.6%)	1,095 (28.2%)	567 (24.3%)	254 (24.0%)	156 (17.0%)	3,780 (25.0%)
1.1 - 2.0	151 (12.2%)	253 (10.5%)	477 (14.8%)	504 (13.0%)	177 (7.6%)	53 (5.0%)	45 (4.9%)	1,661 (11.0%)
2.1 - 3.0	97 (7.8%)	127 (5.2%)	238 (7.4%)	237 (6.1%)	89 (3.8%)	20 (1.9%)	8 (0.9%)	816 (5.4%)
>3	164 (13.2%)	389 (16.0%)	508 (15.7%)	446 (11.5%)	113 (4.9%)	30 (2.9%)	22 (2.4%)	1,672 (11.1%)
Missing	3 (0.3%)	26 (1.1%)	33 (1.0%)	14 (0.4%)	7 (0.3%)	0 (0.0%)	9 (1.0%)	93 (0.6%)
Total	1,240 (100%)	2,425 (100%)	3,230 (100%)	3,886 (100%)	2,331 (100%)	1,061 (100%)	918 (100%)	15,091 (100%)
Mean	1.36	1.51	1.74	1.24	0.69	0.50	0.40	1.21
Median	0.50	0.33	1.00	0.50	0.00	0.00	0.00	0.33
Standard deviation	2.15	2.43	2.48	1.93	1.43	1.24	1.19	2.08

4.2 Work/family conflict

Long working hours reduce personal time as well as quality time devoted to family members. This section examines the full-time working participants' working hours (n = 10,217), their relationship with the 3Hs and the degree of work-family conflict. On average, participants spent 9.14 hours per day at their work-places (Table 4.2a), males half an hour longer than females. In the case of participants between 20 and 64 years old, no difference in working hours was observed across age groups (Table 4.2b), while those beyond retirement age usually had reduced working hours.

Table 4.2a: Time spent at work-place (including being on call or on standby) per day (hours) in the past three months, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
<8	387	8.2	361	6.6	748	7.3
8.0 - 8.9	1,360	28.9	1,471	26.7	2,831	27.7
9.0 - 9.9	932	19.8	1,126	20.4	2,058	20.1
10.0 - 10.9	791	16.8	1,244	22.6	2,034	19.9
11.0 - 11.9	179	3.8	224	4.1	404	4.0
12 and above	287	6.1	740	13.4	1,027	10.1
Missing	777	16.5	339	6.2	1,115	10.9
Total	4,713	100	5,504	100	10,217	100
Mean	8.88		9.34		9.14	
Median	9.00		9.00		9.00	
Standard deviation	1.72		1.93		1.85	

Table 4.2b: Time spent at work-place (including being on call or on standby) per day (hours) in the past three months: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
<8	38 (4.5%)	162 (7.6%)	152 (5.6%)	276 (8.8%)	98 (7.9%)	20 (15.7%)	3 (11.6%)	748 (7.3%)
8.0 - 8.9	208 (24.4%)	559 (26.3%)	803 (29.6%)	892 (28.4%)	335 (27.1%)	29 (22.9%)	4 (20.0%)	2,831 (27.7%)
9.0 - 9.9	154 (19.1%)	534 (25.1%)	560 (20.6%)	587 (18.7%)	205 (16.7%)	16 (12.3%)	2 (7.1%)	2,058 (20.1%)
10.0 - 10.9	139 (16.3%)	461 (21.7%)	566 (20.9%)	624 (19.9%)	219 (17.7%)	20 (16.0%)	4 (17.5%)	2,034 (19.9%)
11.0 - 11.9	20 (2.4%)	93 (4.4%)	128 (4.7%)	123 (3.9%)	35 (2.9%)	5 (3.7%)	0 (0.0%)	404 (4.0%)
12 and above	54 (6.3%)	210 (9.9%)	264 (9.7%)	330 (10.5%)	152 (12.4%)	12 (9.1%)	4 (17.9%)	1,027 (10.1%)
Missing	239 (28.1%)	105 (4.9%)	238 (8.8%)	313 (9.9%)	189 (15.3%)	26 (20.2%)	6 (25.9%)	1,115 (10.9%)
Total	852 (100%)	2,123 (100%)	2,711 (100%)	3,145 (100%)	1,236 (100%)	128 (100%)	22 (100%)	10,217 (100%)
Mean	9.13	9.18	9.20	9.10	9.12	8.44	9.19	9.14
Median	9.00	9.00	9.00	9.00	9.00	9.00	9.13	9.00
Standard deviation	1.66	1.72	1.78	1.97	1.89	2.52	4.14	1.85

Long working hours were associated with more depressive symptoms and less happiness (Figures 4.2a and 4.2b). An inverse U-shaped association was found between working hours and family support, with those working for 9.0-9.9 hours per day reporting the highest family support. Those working for 12 hours and above a day reported the lowest family support (Figure 4.2c).

Figure 4.2a: Association between hours spent at the work-place per day and depressive symptoms (PHQ-9)

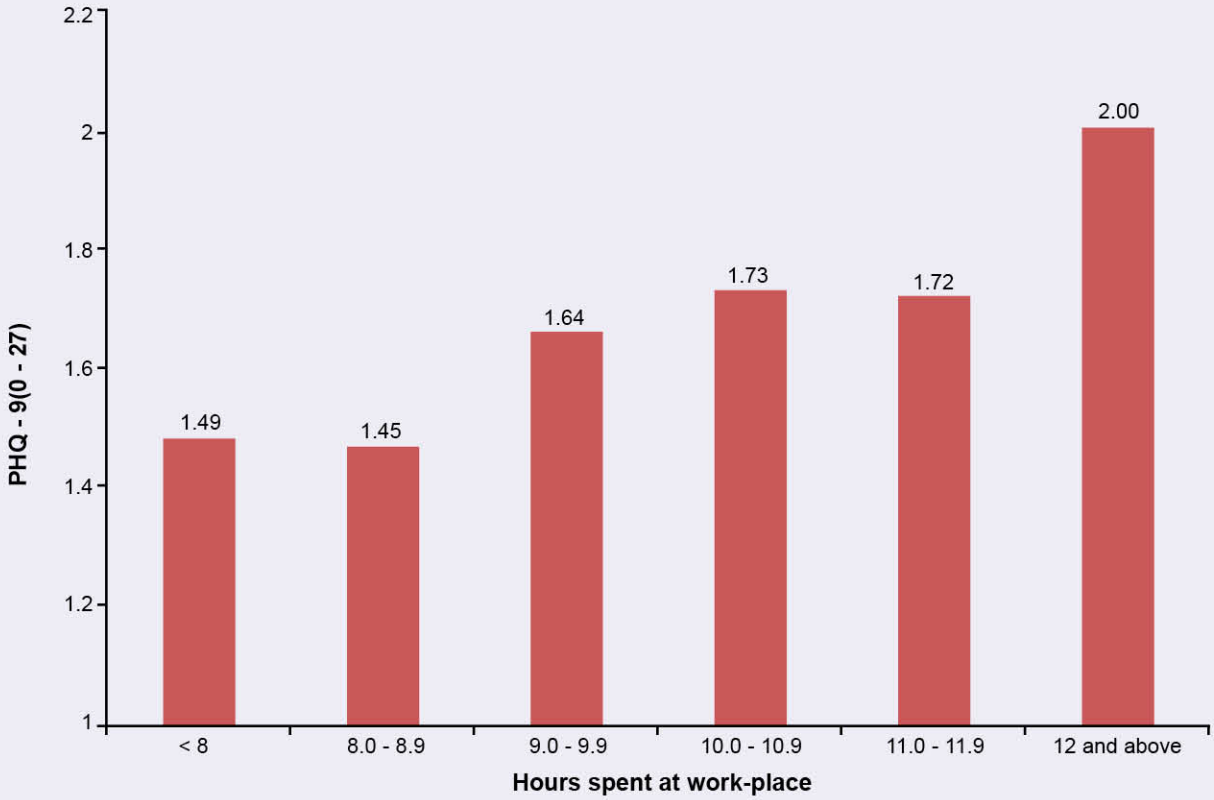


Figure 4.2b: Association between hours spent at the work-place per day and the Subjective Happiness Scale (SHS)

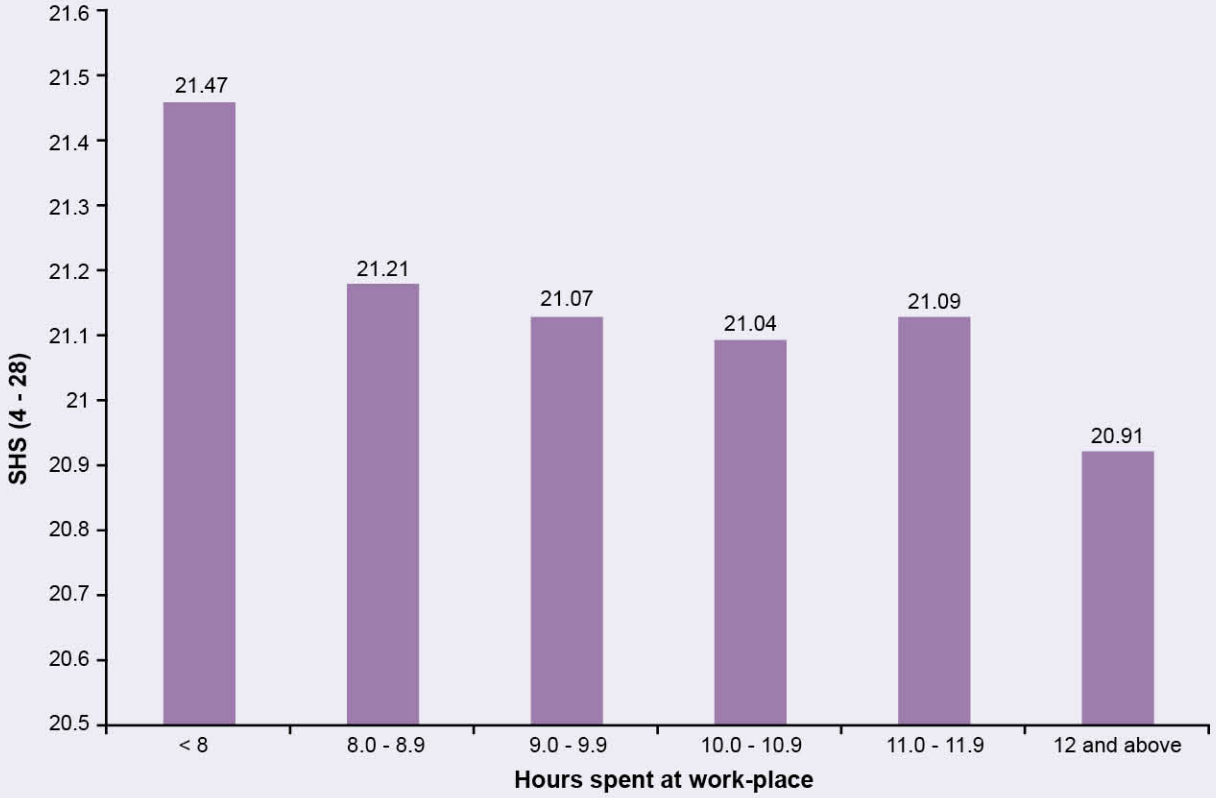
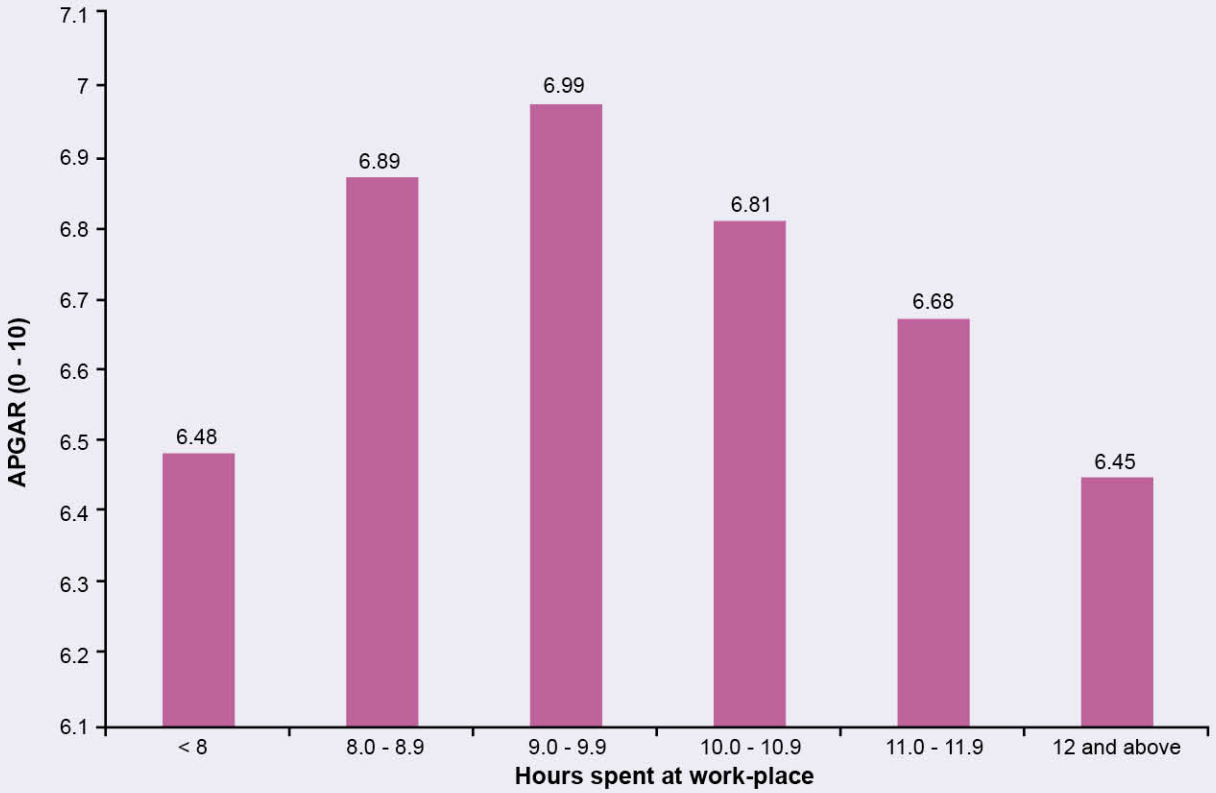


Figure 4.2c: Association between hours spent at the work-place per day and family support (APGAR)



On average, participants worked for 0.4 hours (or 25 minutes) per day at home (Table 4.2c), with no difference observed between the sexes (Table 4.2c). Participants aged 25-54 reported longer working hours at home than other age groups (Table 4.2d).

Table 4.2c: Time spent working at home (including being on call or on standby) per day (hours) in the past three months, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
0	3,099	67.3	4,150	75.4	7,249	71.0
0.1 - 1.0	447	9.7	527	9.6	974	9.5
1.1 - 2.0	254	5.5	260	4.7	514	5.0
>2	135	2.8	229	4.2	364	3.6
Missing	777	14.6	339	6.2	1,115	10.9
Total	4,713	100	5,504	100	10,217	100
Mean	0.40		0.43		0.42	
Median	0.00		0.00		0.00	
Standard deviation	1.17		1.39		1.30	

Table 4.2d: Time spent working at home (including being on call or on standby) per day (hours) in the past three months: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
0	524 (77.2%)	1,562 (73.8%)	1,887 (69.8%)	2,219 (70.7%)	937 (76.0%)	90 (71.1%)	16 (71.5%)	7,236 (72.2%)
0.1 - 1.0	56 (8.2%)	238 (11.2%)	334 (12.4%)	282 (9.0%)	49 (4.0%)	7 (5.1%)	0 (0.0%)	966 (9.6%)
1.1 - 2.0	14 (2.1%)	118 (5.6%)	171 (6.3%)	181 (5.8%)	28 (2.2%)	0 (0.3%)	1 (7.5%)	513 (5.1%)
>2	9 (1.3%)	97 (4.6%)	75 (2.8%)	144 (4.6%)	29 (2.4%)	4 (3.3%)	0 (0.0%)	358 (3.6%)
Missing	76 (11.2%)	101 (4.8%)	237 (8.8%)	312 (9.9%)	189 (15.3%)	26 (20.2%)	6 (25.9%)	946 (94%)
Total	679 (100%)	2,116 (100%)	2,704 (100%)	3,138 (100%)	1,232 (100%)	127 (100%)	22 (100%)	10,019 (100%)
Mean	0.22	0.47	0.40	0.48	0.29	0.29	0.07	0.41
Median	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Standard deviation	1.02	1.35	1.02	1.47	1.40	1.11	0.38	1.30

Participants spent 1.2 hours per day on household chores and/or bringing up children (Table 4.2e), with females spending around half an hour more on housework than males. An inverse U-shaped association was found between time spent on housework and age, with those aged 35-44 spending about 1.4 hours on housework a day (Table 4.2f).

Table 4.2e: Time spent on household chores and/or bringing up children per day (hours) in the past three months, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
0	908	19.3	1,734	31.5	2,642	25.9
0.1 - 1.0	1,413	30.0	2,214	40.2	3,627	35.5
1.1 - 2.0	773	16.4	731	13.3	1,504	14.7
2.1 - 3.0	495	10.5	295	5.4	790	7.7
3.1 - 4.0	202	4.3	98	1.8	300	2.9
>4	145	3.1	91	1.7	236	2.3
Missing	777	16.5	340	6.2	1,117	10.9
Total	4,713	100	5,504	100	10,217	100
Mean	1.49		0.99		1.21	
Median	1.00		1.00		1.00	
Standard deviation	1.53		1.24		1.39	

Table 4.2f: Time spent on household chores and/or bringing up children per day (hours) in the past three months: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
0	266 (31.2%)	716 (33.7%)	542 (20.0%)	769 (24.4%)	302 (24.4%)	35 (27.5%)	12 (54.1%)	2,642 (25.9%)
0.1 - 1.0	268 (31.4%)	847 (39.9%)	984 (36.3%)	1,059 (33.7%)	432 (34.9%)	36 (27.8%)	2 (9.1%)	3,627 (35.5%)
1.1 - 2.0	56 (6.6%)	242 (11.4%)	458 (16.9%)	566 (18.0%)	161 (13.0%)	19 (14.6%)	1 (6.2%)	1,504 (14.7%)
2.1 - 3.0	15 (1.8%)	97 (4.6%)	292 (10.8%)	276 (8.8%)	100 (8.1%)	10 (7.5%)	0 (0.0%)	790 (7.7%)
3.1 - 4.0	3 (0.4%)	59 (2.8%)	111 (4.1%)	95 (3.0%)	29 (2.3%)	3 (2.1%)	1 (4.8%)	300 (2.9%)
>4	5 (0.6%)	56 (2.6%)	86 (3.2%)	67 (2.1%)	22 (1.8%)	0 (0.3%)	0 (0.0%)	236 (2.3%)
Missing	239 (28.1%)	105 (4.9%)	239 (8.8%)	313 (9.9%)	190 (15.4%)	26 (20.2%)	6 (25.9%)	1,117 (10.9%)
Total	852 (100%)	2,123 (100%)	2,711 (100%)	3,145 (100%)	1,236 (100%)	128 (100%)	22 (100%)	10,217 (100%)
Mean	0.66	1.04	1.44	1.27	1.17	1.07	0.55	1.21
Median	0.50	0.50	1.00	1.00	1.00	1.00	0.00	1.00
Standard deviation	0.97	1.47	1.49	1.34	1.23	1.22	1.12	1.39

Work/family conflict was measured using a six-item seven-point scale, assessing the degree of conflict in the work-to-family direction.[6] The total score ranged from 6 to 42, with higher scores indicating more severe conflict. The overall score of all participants was 22.39 (Table 4.2g), with no difference observed between males and females. Participants aged 20-24 had the highest work/family conflict score (23.37), while those aged 75 and above had the lowest (16.14) (Table 4.2h).

Table 4.2g: Work/family conflict score (range: 6 - 42), by sex

	Females		Males		Total	
Work/family conflict	**No. of persons**	**%**	**No. of persons**	**%**	**No. of persons**	**%**
≤15	1,295	27.5	1,807	32.8	3,102	30.4
16 - 20	512	10.9	578	10.5	1,090	10.7
21 - 25	613	13.0	747	13.6	1,359	13.3
26 - 30	542	11.5	763	13.9	1,305	12.8
31 - 35	374	7.9	512	9.3	885	8.7
≥36	600	12.7	759	13.8	1,359	13.3
Missing	777	16.5	340	6.2	1,117	10.9
Total	4,713	100	5,504	100	10,217	100
Mean	22.48		22.33		22.39	
Median	22.00		22.00		22.00	
Standard deviation	9.42		9.51		9.47	

Table 4.2h: Work/family conflict score (range: 6 - 42): number of persons (%) by age group (in years)

Work/family conflict	**20-24**	**25-34**	**35-44**	**45-54**	**55-64**	**65-74**	**≥75**	**Total**
≤15	175 (20.5%)	621 (29.2%)	797 (29.4%)	1,019 (32.4%)	427 (34.6%)	52 (40.4%)	12 (52.0%)	3,102 (30.4%)
16 - 20	81 (9.5%)	256 (12.1%)	249 (9.2%)	360 (11.4%)	132 (10.7%)	10 (8.1%)	2 (7.2%)	1,090 (10.7%)
21 - 25	103 (12.1%)	272 (12.8%)	387 (14.3%)	440 (14.0%)	141 (11.6%)	12 (9.6%)	1 (6.5%)	1,359 (13.3%)
26 - 30	86 (10.1%)	351 (16.5%)	333 (12.3%)	390 (12.4%)	135 (11.0%)	10 (7.5%)	0 (0.0%)	1,305 (12.8%)
31 - 35	60 (7.0%)	203 (9.5%)	271 (10.0%)	260 (8.3%)	87 (7.0%)	5 (4.3%)	0 (0.0%)	885 (8.7%)
≥36	108 (12.7%)	316 (14.9%)	435 (16.1%)	364 (11.6%)	121 (9.8%)	13 (9.9%)	2 (8.3%)	1,359 (13.3%)
Missing	239 (28.1%)	105 (4.9%)	239 (8.8%)	313 (9.9%)	190 (15.4%)	26 (20.2%)	6 (25.9%)	1,117 (10.9%)
Total	852 (100%)	2,123 (100%)	2,711 (100%)	3,145 (100%)	1,236 (100%)	128 (100%)	22 (100%)	10,217 (100%)
Mean	23.37	23.02	23.14	21.80	20.84	19.36	16.14	22.39
Median	24.00	24.00	24.00	21.00	20.00	15.00	12.00	22.00
Standard deviation	9.40	9.53	9.67	9.25	9.18	9.30	8.20	9.47

4.3 Family activities

In the FAMILY Cohort, the participants' patterns of family activity were assessed by asking them how much time they spent with their families watching movies, playing video games or mahjong, having meals and so on. No substantial differences were found between males and females, although more males than females spent no time at all chatting with their families (Tables 4.3a and 4.3b). Participants tended to spend more time with their family members at weekends than on weekdays.

Table 4.3a: Time spent on family activities per day (hours) on weekdays, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Watching movie at cinema						
No	8,531	97.8	7,171	98.1	15,702	97.9
Yes						
Less than 1 hour	18	0.2	20	0.3	38	0.2
1 - 1.9 hours	56	0.6	56	0.8	111	0.7
2 hours and above	117	1.3	62	0.8	179	1.1
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100
Playing video games						
No	8,545	97.9	7,108	97.2	15,653	97.6
Yes						
Less than 1 hour	48	0.5	63	0.9	111	0.7
1 - 1.9 hours	82	0.9	87	1.2	169	1.1
2 - 2.9 hours	36	0.4	40	0.5	75	0.5
3 hours and above	11	0.1	11	0.1	22	0.1
Missing	5	0.1	4	0.0	9	0.1
Total	8,727	100	7,312	100	16,039	100
Playing mahjong						
No	8,607	98.6	7,235	99.0	15,842	98.8
Yes						
Less than 1 hour	22	0.3	14	0.2	36	0.2
1 - 1.9 hours	30	0.3	20	0.3	51	0.3
2 - 2.9 hours	14	0.2	11	0.1	24	0.2
3 - 3.9 hours	15	0.2	12	0.2	27	0.2
4 hours and above	33	0.4	17	0.2	50	0.3
Missing	6	0.1	3	0.0	9	0.1
Total	8,727	100	7,312	100	16,039	100
Having meals						
No	3,263	37.4	2,906	39.7	6,169	38.5
Yes						
Less than 1 hour	1,226	14.0	1,139	15.6	2,365	14.7
1.0 - 1.9 hours	3,525	40.4	2,709	37.1	6,234	38.9
2 hours and above	706	8.1	552	7.6	1,258	7.8
Missing	7	0.1	6	0.1	13	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.3a: Time spent on family activities per day (hours) on weekdays, by sex (continued)

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Talking/chatting						
No	3,623	41.5	3,240	44.3	6,864	42.8
Yes						
Less than 1 hour	1,095	12.5	1,080	14.8	2,174	13.6
1.0 - 1.9 hours	2,852	32.7	2,196	30.0	5,047	31.5
2 hours and above	1,151	13.2	793	10.8	1,944	12.1
Missing	7	0.1	3	0.0	9	0.1
Total	8,727	100	7,312	100	16,039	100
Shopping (including for groceries)						
No	7,080	81.1	6,196	84.7	13,277	82.8
Yes						
Less than 1 hour	321	3.7	289	3.9	610	3.8
1.0 - 1.9 hours	895	10.3	575	7.9	1,469	9.2
2 hours and above	425	4.9	250	3.4	675	4.2
Missing	6	0.1	3	0.0	9	0.1
Total	8,727	100	7,312	100	16,039	100
Reading/studying						
No	7,769	89.0	6,729	92.0	14,497	90.4
Yes						
Less than 1 hour	225	2.6	214	2.9	439	2.7
1.0 - 1.9 hours	482	5.5	294	4.0	776	4.8
2 hours and above	243	2.8	69	0.9	312	1.9
Missing	8	0.1	6	0.1	14	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.3b: Time spent on family activities per day (hours) at weekends, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Watching movies at cinema						
No	8,249	94.5	6,949	95.0	15,198	94.8
Yes						
Less than 1 hour	19	0.2	28	0.4	47	0.3
1 - 1.9 hours	124	1.4	86	1.2	210	1.3
2 hours and above	329	3.8	246	3.4	575	3.6
Missing	6	0.1	3	0.0	9	0.1
Total	8,727	100	7,312	100	16,039	100
Playing video games						
No	8,497	97.4	7,065	96.6	15,562	97.0
Yes						
Less than 1 hour	41	0.5	35	0.5	76	0.5
1 - 1.9 hours	117	1.3	111	1.5	227	1.4
2 - 2.9 hours	49	0.6	62	0.9	111	0.7
3 hours and above	19	0.2	35	0.5	54	0.3
Missing	5	0.1	3	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100
Playing mahjong						
No	8,416	96.4	7,088	96.9	15,504	96.7
Yes						
Less than 1 hour	10	0.1	18	0.3	29	0.2
1 - 1.9 hours	40	0.5	48	0.7	88	0.5
2 - 2.9 hours	67	0.8	25	0.3	93	0.6
3 - 3.9 hours	59	0.7	33	0.5	92	0.6
4 hours and above	129	1.5	94	1.3	223	1.4
Missing	5	0.1	5	0.1	10	0.1
Total	8,727	100	7,312	100	16,039	100
Having meals						
No	2,243	25.7	1,985	27.2	4,228	26.4
Yes						
Less than 1 hour	672	7.7	633	8.7	1,306	8.1
1.0 - 1.9 hours	3,390	38.8	2,695	36.9	6,086	37.9
2 hours and above	2,415	27.7	1,995	27.3	4,410	27.5
Missing	6	0.1	3	0.0	9	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.3b: Time spent on family activities per day (hours) at weekends, by sex (continued)

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Talking/chatting						
No	2,791	32.0	2,495	34.1	5,286	33.0
Yes						
Less than 1 hour	728	8.3	734	10.0	1,461	9.1
1.0 - 1.9 hours	2,944	33.7	2,411	33.0	5,355	33.4
2 hours and above	2,251	25.8	1,669	22.8	3,919	24.4
Missing	14	0.2	3	0.0	17	0.1
Total	8,727	100	7,312	100	16,039	100
Shopping (including for groceries)						
No	5,115	58.6	4,515	61.8	9,630	60.0
Yes						
Less than 1 hour	208	2.4	180	2.5	389	2.4
1.0 - 1.9 hours	1,338	15.3	1,047	14.3	2,385	14.9
2 hours and above	2,057	23.6	1,567	21.4	3,624	22.6
Missing	8	0.1	3	0.0	11	0.1
Total	8,727	100	7,312	100	16,039	100
Reading/studying						
No	7,684	88.0	6,627	90.6	14,311	89.2
Yes						
Less than 1 hour	195	2.2	163	2.2	358	2.2
1.0 - 1.9 hours	508	5.8	344	4.7	852	5.3
2 hours and above	335	3.8	175	2.4	510	3.2
Missing	5	0.1	3	0.0	8	0.0
Total	8,727	100	7,312	100	16,039	100

4.4 Assessment of social capital

4.4.1 Neighbourhood cohesion

Neighbourhood cohesion is defined as the presence of strong social bonds among neighbours [5] and is one of the key attributes of social capital. It refers to the patterns of interaction between neighbourhood residents and a community's network ties, and the associated values (such as interpersonal trust and norms of reciprocity) shared among residents.[6] In the FAMILY Cohort, perceived neighbourhood cohesion was measured by the participants' responses to Sampson's five-item scale.[7]

When participants were asked what they thought of the statement 'People around here are willing to help their neighbours', about half either strongly or somewhat agreed, 45.2% neither agreed nor disagreed, and 5.1% somewhat or strongly disagreed with it. More females (51.4%) than males (47.2%) agreed that people around their neighbourhood were willing to help each other (Table 4.4.1a). The percentage of those who reported agreement with the statement increased with age, from 38.6% among those aged 20-24 to 61.9% among those aged 65-74, and to 57.2% among those of 75 and above (Table 4.4.1b). The percentage of those who agreed with the statement was inversely proportional to their educational attainment level, from 59.4% among those of a primary level and below to 41.0% among those of a tertiary level and above (Table 4.4.1c).

Table 4.4.1a: Agree with the statement: 'People around here are willing to help their neighbours', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Strongly agree	665	7.6	432	5.9	1,096	6.8
Agree	3,825	43.8	3,021	41.3	6,847	42.7
Neutral	3,767	43.2	3,482	47.6	7,249	45.2
Disagree	394	4.5	299	4.1	693	4.3
Strongly disagree	66	0.8	63	0.9	134	0.8
Missing	10	0.1	9	0.1	19	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.1b: Agree with the statement: 'People around here are willing to help their neighbours': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Strongly agree	62 (4.9%)	116 (4.6%)	224 (6.6%)	304 (7.5%)	165 (6.6%)	114 (9.7%)	113 (10.3%)	1,096 (6.8%)
Agree	428 (33.7%)	901 (35.5%)	1,393 (41.2%)	1,804 (44.3%)	1,190 (47.4%)	618 (52.2%)	513 (46.9%)	6,847 (42.7%)
Neutral	684 (53.9%)	1,364 (53.8%)	1,597 (47.2%)	1,730 (42.5%)	1,054 (42.0%)	411 (34.7%)	409 (37.4%)	7,249 (45.2%)
Disagree	74 (5.8%)	124 (4.9%)	138 (4.1%)	186 (4.6%)	81 (3.2%)	37 (3.1%)	53 (4.9%)	693 (4.3%)
Strongly disagree	20 (1.6%)	30 (1.2%)	24 (0.7%)	38 (0.9%)	17 (0.7%)	3 (0.3%)	2 (0.2%)	134 (0.8%)
Missing	0 (0.0%)	1 (0.0%)	5 (0.2%)	6 (0.1%)	3 (0.1%)	0 (0.0%)	3 (0.3%)	19 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.1c: Agree with the statement: 'People around here are willing to help their neighbours': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Strongly agree	340 (9.0%)	238 (7.7%)	306 (6.3%)	213 (4.9%)
Agree	1,897 (50.4%)	1,376 (44.5%)	2,000 (41.5%)	1,575 (36.1%)
Neutral	1,358 (36.1%)	1,353 (43.7%)	2,235 (46.4%)	2,303 (52.8%)
Disagree	152 (4.0%)	98 (3.2%)	221 (4.6%)	222 (5.1%)
Strongly disagree	14 (0.4%)	24 (0.8%)	51 (1.1%)	46 (1.0%)
Missing	5 (0.1%)	3 (0.1%)	4 (0.1%)	7 (0.2%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

When participants were asked what they thought of the statement 'This is a close-knit neighbourhood', 43.2% either strongly or somewhat agreed, 48.4% neither agreed nor disagreed, and 8.3% somewhat or strongly disagreed with it. Like the response to the previous statement, above, more females (45.4%) than males (40.5%) agreed with the statement (Table 4.4.1d). The percentage of those who agreed increased with age, from 29.1% among those aged 20-24 to 55.7% among those of 75 and above (Table 4.4.1e). The percentage of those who agreed that their neighbourhood was close-knit was also inversely proportional to educational attainment level, from 55.7% among those of a primary level and below to 31.8% among those of a tertiary level and above (Table 4.4.1f).

Table 4.4.1d: Agree with the statement: 'This is a close-knit neighbourhood', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Strongly agree	524	6.0	290	4.0	814	5.1
Agree	3,441	39.4	2,671	36.5	6,113	38.1
Neutral	4,013	46.0	3,749	51.3	7,763	48.4
Disagree	637	7.3	498	6.8	1,135	7.1
Strongly disagree	101	1.2	94	1.3	196	1.2
Missing	10	0.1	9	0.1	19	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.1e: Agree with the statement: 'This is a close-knit neighbourhood': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Strongly agree	41 (3.3%)	76 (3.0%)	144 (4.3%)	221 (5.4%)	145 (5.8%)	91 (7.7%)	95 (8.7%)	814 (5.1%)
Agree	327 (25.8%)	771 (30.4%)	1,253 (37.1%)	1,565 (38.5%)	1,125 (44.8%)	558 (47.2%)	514 (47.0%)	6,113 (38.1%)
Neutral	760 (60.0%)	1,441 (56.8%)	1,698 (50.2%)	1,901 (46.7%)	1,080 (43.0%)	464 (39.2%)	418 (38.3%)	7,763 (48.4%)
Disagree	111 (8.7%)	203 (8.0%)	238 (7.0%)	332 (8.2%)	127 (5.1%)	65 (5.5%)	58 (5.3%)	1,135 (7.1%)
Strongly disagree	28 (2.2%)	44 (1.7%)	42 (1.2%)	43 (1.1%)	29 (1.2%)	4 (0.4%)	5 (0.4%)	196 (1.2%)
Missing	0 (0.0%)	1 (0.0%)	5 (0.2%)	6 (0.1%)	3 (0.1%)	0 (0.0%)	3 (0.3%)	19 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.1f: Agree with the statement: 'This is a close-knit neighbourhood': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Strongly agree	295 (7.8%)	186 (6.0%)	209 (4.3%)	124 (2.8%)
Agree	1,802 (47.9%)	1,306 (42.3%)	1,737 (36.1%)	1,267 (29.0%)
Neutral	1,435 (38.1%)	1,389 (44.9%)	2,433 (50.5%)	2,506 (57.4%)
Disagree	204 (5.4%)	175 (5.7%)	363 (7.5%)	393 (9.0%)
Strongly disagree	23 (0.6%)	33 (1.1%)	70 (1.5%)	69 (1.6%)
Missing	5 (0.1%)	3 (0.1%)	4 (0.1%)	7 (0.2%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

When participants were asked what they thought of the statement 'People in this neighbourhood can be trusted', 42.5% strongly or somewhat agreed, 52.5% neither agreed nor disagreed, and 4.9% somewhat or strongly disagreed with it. As in the case of the previous two statements, more females (44.4%) than males (40.1%) agreed that people in their neighbourhood could be trusted (Table 4.4.1g). The percentage of those who agreed increased with age, from 31.4% among those aged 20-24 to 53.2% among those of 75 and above (Table 4.4.1h). As in the case of the distributions in the preceding two statements, the percentage of those who agreed was inversely proportional to their educational attainment level, from 53.4% among those of a primary level and below to 32.5% among those of a tertiary level and above (Table 4.4.1i).

Table 4.4.1g: Agree with the statement: 'People in this neighbourhood can be trusted', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Strongly agree	465	5.3	285	3.9	750	4.7
Agree	3,410	39.1	2,645	36.2	6,055	37.8
Neutral	4,370	50.1	4,056	55.5	8,426	52.5
Disagree	402	4.6	270	3.7	671	4.2
Strongly disagree	71	0.8	47	0.6	118	0.7
Missing	10	0.1	9	0.1	19	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.1h: Agree with the statement: 'People in this neighbourhood can be trusted': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Strongly agree	33 (2.6%)	80 (3.1%)	143 (4.2%)	194 (4.8%)	127 (5.0%)	81 (6.8%)	92 (8.4%)	750 (4.7%)
Agree	365 (28.8%)	742 (29,3%)	1,214 (35.9%)	1,590 (39.1%)	1,077 (42.9%)	577 (48.8%)	490 (44.8%)	6,055 (37.8%)
Neutral	779 (61.4%)	1,540 (60.7%)	1,854 (54.8%)	2,074 (51.0%)	1,203 (47.9%)	494 (41.8%)	482 (44.0%)	8,426 (52.5%)
Disagree	72 (5.7%)	139 (5.5%)	142 (4.2%)	182 (4.5%)	84 (3.3%)	28 (2.4%)	25 (2.3%)	671 (4.2%)
Strongly disagree	18 (1.5%)	35 (1.4%)	22 (0.6%)	23 (0.6%)	16 (0.6%)	3 (0.3%)	2 (0.2%)	118 (0.7%)
Missing	0 (0.0%)	1 (0.0%)	5 (0.2%)	6 (0.1%)	3 (0.1%)	0 (0.0%)	3 (0.3%)	19 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.1i: Agree with the statement: 'People in this neighbourhood can be trusted': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Strongly agree	259 (6.9%)	168 (5.4%)	199 (4.1%)	124 (2.8%)
Agree	1,749 (46.5%)	1,268 (41.0%)	1,739 (36.1%)	1,298 (29.7%)
Neutral	1,609 (42.7%)	1,533 (49.6%)	2,602 (54.0%)	2,682 (61.4%)
Disagree	128 (3.4%)	101 (3.3%)	223 (4.6%)	219 (5.0%)
Strongly disagree	14 (0.4%)	19 (0.6%)	49 (1.0%)	36 (0.8%)
Missing	5 (0.1%)	3 (0.1%)	4 (0.1%)	7 (0.2%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

When participants were asked about the statement 'People in this neighbourhood do not get along with each other', 53.0% strongly or somewhat disagreed, 42.0% neither agreed nor disagreed, and about 5.0% somewhat or strongly agreed with it. As in the case of the previous two statements, more females (5.3%) than males (4.3%) agreed that people in their neighbourhood generally do not get along with each other (Table 4.4.1j). The percentage of those who disagreed with the statement increased with age, from 44.3% among those aged 20-24 to 62.8% among those of 65-74 (Table 4.4.1k). There were some interesting findings when educational attainment was examined. The percentage of those who agreed that people in their neighbourhood did not get along with each other was highest among those with primary and lower attainment (6.8%). Nevertheless, the percentage of those who disagreed was also highest (59.1%) in this group (Table 4.4.1l).

Table 4.4.1j: Agree with the statement: 'People in this neighbourhood generally do not get along with each other', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Strongly agree	51	0.6	17	0.2	68	0.4
Agree	413	4.7	303	4.1	716	4.5
Neutral	3,508	40.2	3,224	44.1	6,732	42.0
Disagree	4,143	47.5	3,313	45.3	7,456	46.5
Strongly disagree	603	6.9	445	6.1	1,048	6.5
Missing	10	0.1	9	0.1	19	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.1k: Agree with the statement: 'People in this neighbourhood generally do not get along with each other': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Strongly agree	7 (0.6%)	4 (0.1%)	20 (0.6%)	16 (0.4%)	13 (0.5%)	4 (0.3%)	5 (0.4%)	68 (0.4%)
Agree	56 (4.4%)	103 (4.1%)	143 (4.2%)	215 (5.3%)	97 (3.9%)	52 (4.4%)	50 (4.5%)	716 (4.5%)
Neutral	642 (50.6%)	1,296 (51.1%)	1,472 (43.6%)	1,562 (38.4%)	973 (38.8%)	384 (32.5%)	403 (36.8%)	6,732 (42.0%)
Disagree	495 (39.0%)	1,016 (40.0%)	1,538 (45.5%)	1,988 (48.9%)	1,245 (49.6%)	640 (54.1%)	534 (48.8%)	7,456 (46.5%)
Strongly disagree	67 (5.3%)	117 (4.6%)	201 (5.9%)	281 (6.9%)	179 (7.1%)	103 (8.7%)	99 (9.1%)	1,048 (6.5%)
Missing	0 (0.0%)	1 (0.0%)	5 (0.2%)	6 (0.1%)	3 (0.1%)	0 (0.0%)	3 (0.3%)	19 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.1l: Agree with the statement: 'People in this neighbourhood generally do not get along with each other': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Strongly agree	23 (0.6%)	14 (0.4%)	18 (0.4%)	13 (0.3%)
Agree	232 (6.2%)	144 (4.7%)	176 (3.7%)	164 (3.7%)
Neutral	1,279 (34.0%)	1,280 (41.4%)	2,147 (44.6%)	2,025 (46.4%)
Disagree	1,898 (50.4%)	1,447 (46.8%)	2,173 (45.1%)	1,937 (44.4%)
Strongly disagree	327 (8.7%)	204 (6.6%)	297 (6.2%)	220 (5.0%)
Missing	5 (0.1%)	3 (0.1%)	4 (0.1%)	7 (0.2%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

When participants were asked whether they agreed with the statement 'People in this neighbourhood do not share the same values', 13.8% strongly or somewhat disagreed, 70.9% neither agreed nor disagreed, and 15.2% somewhat or strongly agreed with it. There was no apparent difference in the distribution between males and females (Table 4.4.1m). The percentage of those who disagreed with the statement increased with age, from 11.1% among those aged 20-24 to 18.0% among those of 75 and above. On the other hand, the percentage of those who agreed with the statement was lower among those aged 20-44 than among those aged 45 and above (Table 4.4.1n). As with the previous statement, when analysed by educational attainment, the percentage of those who agreed that people in their neighbourhood did not share the same values was highest among those with primary and lower attainment (18.9%). However, the percentage of those who disagreed was also highest (18.2%) in this group (Table 4.4.1o).

Table 4.4.1m: Agree with the statement: 'People in this neighbourhood do not share the same values', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Strongly agree	144	1.6	93	1.3	237	1.5
Agree	1,176	13.5	1,020	13.9	2,196	13.7
Neutral	6,125	70.2	5,240	71.7	11,365	70.9
Disagree	1,107	12.7	850	11.6	1,957	12.2
Strongly disagree	164	1.9	100	1.4	264	1.6
Missing	10	0.1	9	0.1	19	0.1
Total	8,727	100	7,312	100	16,039	100

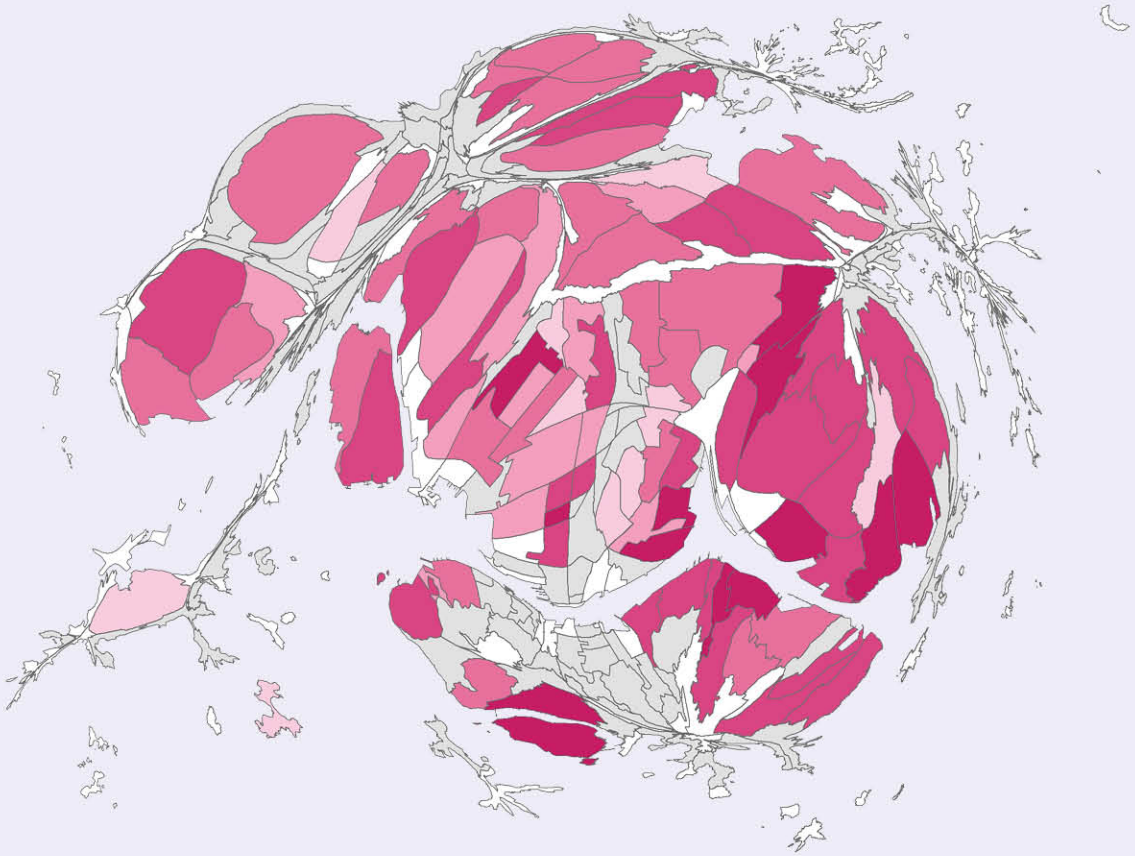
Table 4.4.1n: Agree with the statement: 'People in this neighbourhood do not share the same values': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Strongly agree	18 (1.4%)	23 (0.9%)	58 (1.7%)	72 (1.8%)	42 (1.7%)	14 (1.2%)	10 (0.9%)	237 (1.5%)
Agree	106 (8.3%)	268 (10.6%)	431 (12.8%)	678 (16.7%)	373 (14.9%)	193 (16.3%)	147 (13.4%)	2,196 (13.7%)
Neutral	1,003 (79.1%)	1,963 (77.4%)	2,461 (72.8%)	2,762 (67.9%)	1,679 (66.9%)	761 (64.3%)	737 (67.4%)	11,365 (70.9%)
Disagree	129 (10.1%)	247 (9.7%)	370 (11.0%)	501 (12.3%)	371 (14.8%)	175 (14.8%)	164 (15.0%)	1,957 (12.2%)
Strongly disagree	12 (1.0%)	35 (1.4%)	55 (1.6%)	49 (1.2%)	41 (1.6%)	39 (3.3%)	33 (3.0%)	264 (1.6%)
Missing	0 (0.0%)	1 (0.0%)	5 (0.2%)	6 (0.1%)	3 (0.1%)	0 (0.0%)	3 (0.3%)	19 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.1o: Agree with the statement: 'People in this neighbourhood do not share the same values': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Strongly agree	62 (1.6%)	58 (1.9%)	78 (1.6%)	39 (0.9%)
Agree	653 (17.3%)	494 (16.0%)	555 (11.5%)	494 (11.3%)
Neutral	2,361 (62.7%)	2,115 (68.4%)	3,538 (73.5%)	3,352 (76.8%)
Disagree	591 (15.7%)	370 (12.0%)	573 (11.9%)	424 (9.7%)
Strongly disagree	93 (2.5%)	52 (1.7%)	69 (1.4%)	50 (1.2%)
Missing	5 (0.1%)	3 (0.1%)	4 (0.1%)	7 (0.2%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

Figure 4.4.1a: Mean score of neigbourhood cohesion, by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Score

- ≤ 9.4
- 9.5 - 9.8
- 9.9 - 10.2
- 10.3 - 10.7
- ≥ 10.8

Mean neighborhood cohesion score was 10.1 for the FC sample, with the highest in parts of Ap Lei Chau, Hung Hom, Choi Hung, and Ngau Tau Kok.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with “FAMILY” research sample size larger than or equal to 30. URL will be announced later.

4.4.2 Volunteering

Volunteering is one of the indicators of social participation which reflect how people are involved in their communities, and is an important factor in community and individual well-being. Volunteering not only benefits those who receive the voluntary services and helps charitable organisations deliver needed programmes and services, but also enriches the lives of the volunteers themselves. In the FAMILY Cohort, respondents were asked about their participation in voluntary services by various kinds of organisations, and the number of hours they had volunteered in the past twelve months.

Overall, 14.1% of all participants had taken part in some form of voluntary service in the past one year, with more females (17.0%) than males (10.7%) volunteering (Table 4.4.2a). The prevalence of volunteering appeared to decrease with age, from 22.7% in those aged 20-24 to 2.8% in those of 75 and above (Table 4.4.2b), but tended to increase with higher educational attainment. 5.4% of those with a primary and lower education had participated in voluntary service, whereas 26.4% of those with a tertiary and higher education had done so in the past one year (Table 4.4.2c).

Table 4.4.2a: Ever participated in any form of voluntary service in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	1,483	17.0	786	10.7	2,269	14.1
No	7,238	82.9	6,524	89.2	13,762	85.8
Missing	6	0.1	2	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

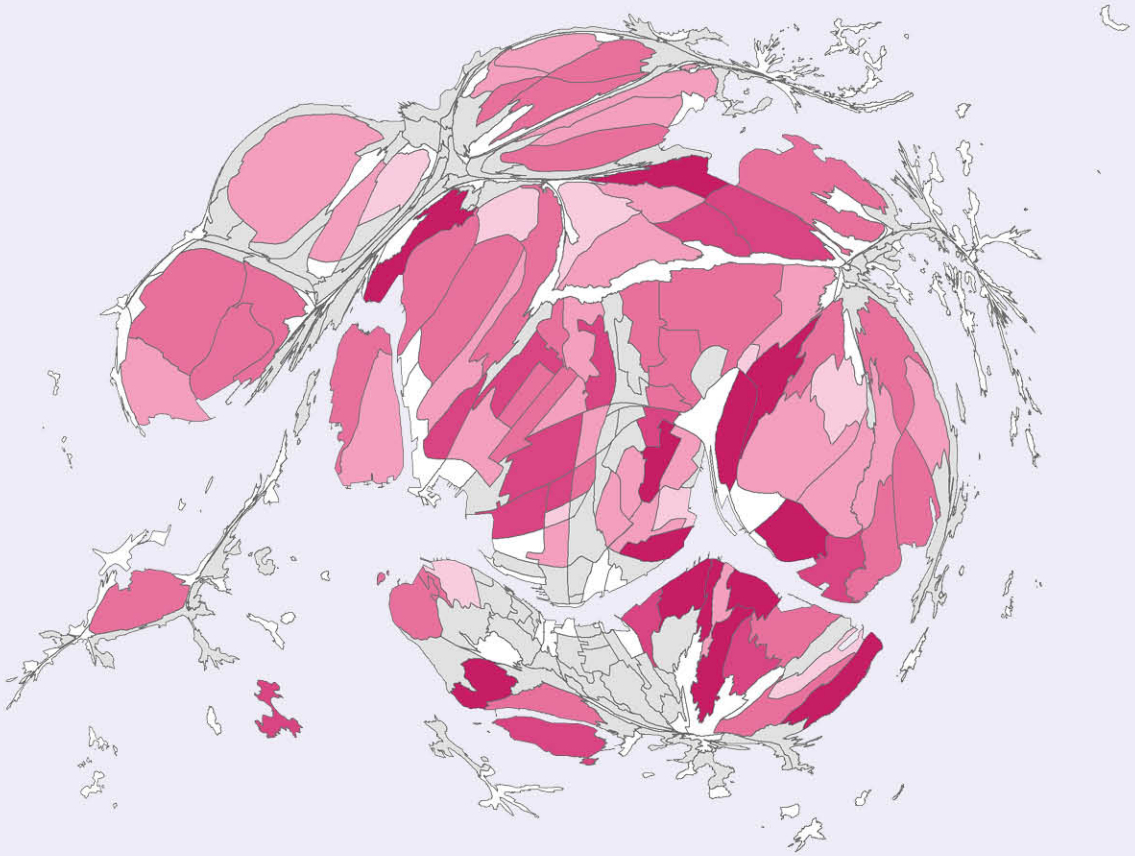
Table 4.4.2b: Ever participated in any form of voluntary service in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	288 (22.7%)	359 (14.1%)	618 (18.3%)	632 (15.5%)	249 (9.9%)	93 (7.9%)	31 (2.8%)	2,269 (14.1%)
No	979 (77.2%)	2,177 (85.8%)	2,760 (81.7%)	3,434 (84.4%)	2,258 (90.0%)	1,090 (92.1%)	1,063 (97.2%)	13,762 (85.8%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2c: Ever participated in any form of voluntary service in the past one year: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Yes	204 (5.4%)	273 (8.8%)	639 (13.3%)	1,153 (26.4%)
No	3,560 (94.5%)	2,815 (91.0%)	4,177 (86.7%)	3,210 (73.5%)
Missing	1 (0.0%)	4 (0.1%)	1 (0.0%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

Figure 4.4.2a: Proportion of participation in voluntary service in the past one year, by TPU



Population size of TPU

- 0 - 1,499
- ≥ 1,500 & FC Samples ≤ 30

Proportion (%)

- ≤ 7.7
- 7.8 - 11.9
- 12.0 - 16.1
- 16.2 - 19.9
- ≥ 20.0

In the FC sample, 14.1% of participants had taken part in voluntary service in the past one year. The proportions were the highest in parts of Ma Tau Wai, and To Kwa Wan.

* TPU is the basic unit for town planning purposes under a geographic reference system demarcated by the Planning Department for the Hong Kong Special Administrative Region. The whole territory of Hong Kong is hierarchically divided into a total of 289 TPUs.

Source: www.census2011.gov.hk/en/tertiary-planning-units.html

**Data only includes TPUs with "FAMILY" research sample size larger than or equal to 30. URL will be announced later.

With regard to voluntary service with organisations of different backgrounds, 4.9% of participants had taken part in voluntary services by religious organisations in the past one year, with more females (5.5%) than males (4.1%) doing so (Table 4.4.2d). The proportion volunteering with religious organisations was higher among those aged 20-24 (5.4%), 25-34 (4.5%), 35-44 (6.4%) and 45-54 (6.6%) (Table 4.4.2e). Volunteering increased with higher levels of educational attainment (Table 4.4.2f).

Table 4.4.2d: Ever participated in voluntary service with a religious organisation in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	479	5.5	300	4.1	779	4.9
No	8,242	94.4	7,010	95.9	15,251	95.1
Missing	6	0.1	2	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.2e: Ever participated in voluntary service with a religious organisation in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	69 (5.4%)	115 (4.5%)	215 (6.4%)	270 (6.6%)	73 (2.9%)	29 (2.4%)	9 (0.8%)	779 (4.9%)
No	1,199 (94.6%)	2,421 (95.4%)	3,163 (93.6%)	3,797 (93.3%)	2,435 (97.0%)	1,154 (97.6%)	1,085 (99.2%)	15,251 (95.1%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2f: Ever participated in voluntary service with a religious organization in the past one year: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Yes	49 (1.3%)	54 (1.8%)	212 (4.4%)	464 (10.6%)
No	3,715 (98.7%)	3,034 (98.1%)	4,603 (95.6%)	3,899 (89.3%)
Missing	1 (0.0%)	4 (0.1%)	1 (0.0%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

4.3% of participants had taken part in voluntary service with schools or educational institutes in the past one year, with more females (5.9%) than males (2.3%) doing so (Table 4.4.2g). The proportion volunteering with schools or educational institutes was higher among the younger groups, such as those aged 20-24 (11.2%) (Table 4.4.2h). As with any form of volunteering, the prevalence increased with higher levels of educational attainment (Table 4.4.2i).

Table 4.4.2g: Ever participated in voluntary service with schools or educational institutes in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	516	5.9	168	2.3	684	4.3
No	8,206	94.0	7,141	97.7	15,347	95.7
Missing	6	0.1	2	0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.2h: Ever participated in voluntary service with schools or educational institutes in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	142 (11.2%)	115 (4.5%)	241 (7.1%)	152 (3.7%)	24 (0.9%)	10 (0.9%)	0 (0.0%)	684 (4.3%)
No	1,126 (88.8%)	2,421 (95.4%)	3,137 (92.8%)	3,914 (96.2%)	2,484 (99.0%)	1,172 (99.1%)	1,094 (100%)	15,347 (95.7%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2i: Ever participated in voluntary service with schools or educational institutes in the past one year: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Yes	34 (0.9%)	87 (2.8%)	220 (4.6%)	344 (7.9%)
No	3,731 (99.1%)	3,001 (97.1%)	4,595 (95.4%)	4,019 (92.1%)
Missing	1 (0.0%)	4 (0.1%)	1 (0.0%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

Participation in voluntary service with political parties or labour unions was lower than 1.0% (Table 4.4.2j). There were no apparent differences between sexes, across age groups (Table 4.4.2k) or in levels of educational attainment (Table 4.4.2l).

Table 4.4.2j: Ever participated in voluntary service with political parties or labour unions in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	71	0.8	51	0.7	122	0.8
No	8,650	99.1	7,258	99.3	15,909	99.2
Missing	6	0.1	2	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.2k: Ever participated in voluntary service with political parties or labour unions in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	16 (1.3%)	9 (0.4%)	23 (0.7%)	39 (1.0%)	21 (0.8%)	8 (0.7%)	4 (0.4%)	122 (0.8%)
No	1,251 (98.7%)	2,526 (99.6%)	3,355 (99.3%)	4,027 (99.0%)	2,486 (99.1%)	1,174 (99.3%)	1,090 (99.6%)	15,909 (99.2%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2l: Ever participated in voluntary service with political parties or labour unions in the past one year: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Yes	20 (0.5%)	29 (0.9%)	31 (0.6%)	43 (1.0%)
No	3,745 (99.4%)	3,060 (99.0%)	4,785 (99.3%)	4,320 (98.9%)
Missing	1 (0.0%)	4 (0.1%)	1 (0.0%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

Overall, 2.0% of participants had volunteered to help services for the elderly or related organisations in the past one year, with more females (2.7%) than males (1.1%) doing so (Table 4.4.2m). The proportion of volunteers in this sector was higher among older groups, such as those aged 55-64 (2.4%) or 65-74 (3.1%) (Table 4.4.2n). There was no apparent difference across levels of educational attainment (Table 4.4.2o).

Table 4.4.2m: Ever participated in voluntary service for the elderly or related organisations in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	235	2.7	83	1.1	318	2.0
No	8,487	97.2	7,226	98.8	15,713	98.0
Missing	6	0.1	2	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.2n: Ever participated in voluntary service for the elderly or related organisations in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	21 (1.7%)	41 (1.6%)	70 (2.1%)	76 (1.9%)	60 (2.4%)	36 (3.1%)	14 (1.3%)	318 (2.0%)
No	1,246 (98.3%)	2,494 (98.3%)	3,308 (97.9%)	3,990 (98.1%)	2,448 (97.5%)	1,147 (96.9%)	1,080 (98.7%)	15,713 (98.0%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2o: Ever participated in voluntary service for the elderly or related organisations in the past one year: number of persons (%) by education attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Yes	67 (1.8%)	44 (1.4%)	95 (2.0%)	112 (2.6%)
No	3,697 (98.2%)	3,045 (98.5%)	4,720 (98.0%)	4,251 (97.4%)
Missing	1 (0.0%)	4 (0.1%)	1 (0.0%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

Similar to participation in voluntary service with political parties or labour unions, volunteering for service in hospitals was low (0.4%) (Table 4.4.2p). There were also no apparent differences between sexes, across age groups (Table 4.4.2q), or in levels of educational attainment (Table 4.4.2r).

Table 4.4.2p: Ever participated in voluntary service in hospitals in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	44	0.5	27	0.4	71	0.4
No	8,678	99.4	7,282	99.6	15,960	99.5
Missing	6	0.1	2	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.2q: Ever participated in voluntary service in hospitals in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	14 (1.1%)	3 (0.1%)	10 (0.3%)	28 (0.7%)	10 (0.4%)	5 (0.4%)	1 (0.1%)	71 (0.4%)
No	1,253 (98.8%)	2,532 (99.8%)	3,368 (99.6%)	4,038 (99.3%)	2,497 (99.5%)	1,178 (99.6%)	1,093 (99.9%)	15,960 (99.5%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2r: Ever participated in voluntary service in hospitals in the past one year: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Yes	4 (0.1%)	4 (0.1%)	20 (0.4%)	42 (1.0%)
No	3,760 (99.9%)	3,084 (99.7%)	4,795 (99.6%)	4,321 (99.0%)
Missing	1 (0.0%)	4 (0.1%)	1 (0.0%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

Overall, 2.9% of participants had volunteered for service with a local or international NGO in the past one year, with slightly more females (3.2%) than males (2.5%) (Table 4.4.2s). The proportion volunteering for NGO decreased with age; it was highest among those aged 20-24 (5.7%) and lowest among those of 75 and above (0.6%) (Table 4.4.2t). Participation also increased with higher levels of educational attainment (Table 4.4.2u).

Table 4.4.2s: Ever participated in voluntary service with a local or international NGO in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	280	3.2	182	2.5	462	2.9
No	8,441	96.7	7,128	97.5	15,569	97.1
Missing	6	0.1	2	0.0	8	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.2t: Ever participated in voluntary service with a local or international NGO in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Yes	72 (5.7%)	82 (3.2%)	99 (2.9%)	124 (3.0%)	68 (2.7%)	11 (1.0%)	6 (0.6%)	462 (2.9%)
No	1,196 (94.3%)	2,454 (96.7%)	3,278 (97.0%)	3,942 (96.9%)	2,439 (97.2%)	1,171 (99.0%)	1,088 (99.4%)	15,569 (97.1%)
Missing	0 (0.0%)	1 (0.0%)	2 (0.1%)	2 (0.1%)	2 (0.1%)	0 (0.0%)	0 (0.0%)	8 (0.1%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2u: Ever participated in voluntary service with a local or international NGO in the past one year: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Yes	41 (1.1%)	66 (2.1%)	116 (2.4%)	239 (5.5%)
No	3,723 (98.9%)	3,022 (97.7%)	4,699 (97.6%)	4,124 (94.5%)
Missing	1 (0.0%)	4 (0.1%)	1 (0.0%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

Considering now the number of hours volunteered in the past one year: 85.8% of participants had spent no time at all on service of this kind. 7.1% had volunteered less than 20 hours, and 7.0% 20 hours and above. More males (89.2%) than females (82.9%) had not volunteered at all, whereas more females had spent less than 20 hours (9.0%) or 20 hours and above (7.7%) than males (4.7% and 6.0%, respectively) (Table 4.4.2v). The proportion of those who volunteered for less than 20 hours decreased with age, and was highest among the youngest (13.2%) and lowest among the oldest (1.1%). The proportion volunteering for 20 hours and above also decreased with age - about 9.5% of the youngest had volunteered at that rate (Table 4.4.2w). The proportion volunteering for less than 20 hours increased with higher educational attainment, from the lowest (2.6%), those of a primary level and below, to the highest (12.9%), those of a tertiary level and above. The proportion of those who volunteered for 20 hours and above was also highest among those with tertiary education (13.1%) (Table 4.4.2x). Analyzed by economic activity status, the proportion of volunteering for less than 20 hours was the highest among the students (20.8%), followed by the unemployed (8.5%), homemakers (8.1%) and those with employment (7.3%).

Table 4.4.2v: Amount of time (hours) in volunteering in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	7,238	82.9	6,524	89.2	13,762	85.8
Less than 20	789	9.0	344	4.7	1,133	7.1
20 - 39	240	2.7	143	2.0	383	2.4
40 - 79	183	2.1	101	1.4	284	1.8
80 - 159	108	1.2	81	1.1	189	1.2
160 and above	144	1.7	110	1.5	254	1.6
Missing	25	0.3	9	0.1	34	0.2
Total	8,727	100	7,312	100	16,039	100

Table 4.4.2w: Amount of time (hours) in volunteering in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
None	979 (77.2%)	2,177 (85.8%)	2,760 (81.7%)	3,434 (84.6%)	2,258 (90.0%)	1,090 (92.1%)	1,063 (97.2%)	13,762 (85.8%)
Less than 20	167 (13.2%)	226 (8.9%)	335 (9.9%)	276 (6.8%)	90 (3.6%)	27 (2.3%)	12 (1.1%)	1,133 (7.1%)
20 - 39	49 (3.8%)	47 (1.9%)	99 (2.9%)	128 (3.1%)	43 (1.7%)	14 (1.2%)	4 (0.3%)	383 (2.4%)
40 - 79	35 (2.8%)	36 (1.4%)	62 (1.8%)	93 (2.3%)	41 (1.6%)	13 (1.1%)	3 (0.3%)	284 (1.8%)
80 - 159	11 (0.9%)	22 (0.9%)	46 (1.4%)	53 (1.3%)	39 (1.6%)	11 (1.0%)	7 (0.6%)	189 (1.2%)
160 and above	26 (2.0%)	23 (0.9%)	64 (1.9%)	77 (1.9%)	33 (1.3%)	27 (2.3%)	5 (0.5%)	254 (1.6%)
Missing	0 (0.0%)	5 (0.2%)	15 (0.4%)	7 (0.2%)	6 (0.2%)	0 (0.0%)	0 (0.0%)	34 (0.2%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2x: Amount of time (hours) in volunteering in the past one year: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
None	3,560 (94.5%)	2,815 (91.0%)	4,177 (86.7%)	3,210 (73.5%)
Less than 20	98 (2.6%)	126 (4.1%)	345 (7.2%)	564 (12.9%)
20 - 39	37 (1.0%)	58 (1.9%)	90 (1.9%)	197 (4.5%)
40 - 79	20 (0.5%)	31 (1.0%)	91 (1.9%)	141 (3.2%)
80 - 159	22 (0.6%)	23 (0.7%)	55 (1.1%)	89 (2.0%)
160 and above	26 (0.7%)	33 (1.1%)	50 (1.0%)	146 (3.4%)
Missing	2 (0.1%)	6 (0.2%)	8 (0.2%)	18 (0.4%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

When respondents were asked how often they had participated in community meetings or activities in the past one year, 85.8% reported that they had not done so at all, 7.4% had been to a meeting less than once a month, and 6.5% at least once a month. More females (7.5%) than males (5.5%) had taken part in such meetings or activities at least once in the past one year (Table 4.4.2y). The proportion who ever participated appeared to decrease with age and increase with higher levels of educational attainment (Table 4.4.2z &aa).

Table 4.4.2y: Participating in community, organisation or society meetings/activities in the past one year, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	7,238	82.9	6,524	89.2	13,762	85.8
Less than once a month	808	9.3	377	5.2	1,185	7.4
About once a month	220	2.5	137	1.9	357	2.2
2 or 3 times a month	122	1.4	77	1.0	198	1.2
Once a week	195	2.2	125	1.7	321	2.0
More than once a week	120	1.4	63	0.9	183	1.1
Missing	25	0.3	9	0.1	34	0.2
Total	8,727	100	7,312	100	16,039	100

Table 4.4.2z: Participating in community, organisation or society meetings/activities in the past one year: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75	Total
Never	979 (77.2%)	2,177 (85.8%)	2,760 (81.7%)	3,434 (84.4%)	2,258 (90.0%)	1,090 (92.1%)	1,063 (97.2%)	13,762 (85.8%)
Less than once a month	171 (13.5%)	213 (8.4%)	367 (10.8%)	285 (7.0%)	110 (4.4%)	29 (2.5%)	10 (0.9%)	1,185 (7.4%)
About once a month	50 (4.0%)	43 (1.7%)	86 (2.6%)	115 (2.8%)	44 (1.8%)	11 (0.9%)	7 (0.6%)	357 (2.2%)
2 or 3 times a month	33 (2.6%)	21 (0.8%)	50 (1.5%)	52 (1.3%)	24 (0.9%)	15 (1.2%)	3 (0.3%)	198 (1.2%)
Once a week	23 (1.8%)	61 (2.4%)	74 (2.2%)	109 (2.7%)	33 (1.3%)	19 (1.6%)	3 (0.3%)	321 (2.0%)
More than once a week	10 (0.8%)	17 (0.7%)	28 (0.8%)	65 (1.6%)	35 (1.4%)	19 (1.6%)	8 (0.8%)	183 (1.1%)
Missing	0 (0.0%)	5 (0.2%)	15 (0.4%)	7 (0.2%)	6 (0.2%)	0 (0.0%)	0 (0.0%)	34 (0.2%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)	16,039 (100%)

Table 4.4.2aa: Participating in community, organisation or society meetings/activities in the past one year: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Never	3,560 (94.5%)	2,815 (91.0%)	4,177 (86.7%)	3,210 (73.5%)
Less than once a month	101 (2.7%)	140 (4.5%)	341 (7.1%)	603 (13.8%)
About once a month	38 (1.0%)	37 (1.2%)	115 (2.4%)	167 (3.8%)
2 or 3 times a month	16 (0.4%)	21 (0.7%)	49 (1.0%)	112 (2.6%)
Once a week	20 (0.5%)	39 (1.3%)	88 (1.8%)	174 (4.0%)
More than once a week	29 (0.8%)	34 (1.1%)	37 (0.8%)	83 (1.9%)
Missing	2 (0.1%)	6 (0.2%)	8 (0.2%)	18 (0.4%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

4.4.3 Religious identification and involvement

In the FAMILY Cohort, the participants were asked to identify their religious belief, if any, and rate their own religiosity and spirituality.

Overall, 69.6% of participants reported that they had no religious belief in particular. 11.4% identified themselves as Buddhist, 13.7% as Christian, 3.4% as Catholic and 1.0% as Taoist. More males (75.2%) than females (65.0%) had no religious belief, while more females than males were Buddhists (13.3% vs. 9.1%) or Christians (15.9% vs. 11.0%) (Table 4.4.3a). The proportion of those professing no religious belief appeared to decrease with age. The proportion of Buddhists/Taoists increased with age, the percentage increasing from 3.4% among those aged 20-24 to over 20% among those aged 75 and above, but that of Christians/Catholics decreased with age, from 18.3% among the youngest to 13.1% among the oldest (Table 4.4.3b). Examined by educational attainment, the percentage with no religious belief was higher among those of secondary level (73.4%-75.7%). Buddhism and Taoism appeared to be more prevalent among those of primary level and below (21.7%), whereas Christianity was predominant among those of tertiary level and above (27.3%).

Table 4.4.3a: Type of religious identification at the time of interview, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
None	5,671	65.0	5,496	75.2	11,167	69.6
Buddhist	1,157	13.3	663	9.1	1,821	11.4
Christian	1,390	15.9	807	11.0	2,197	13.7
Catholic	327	3.7	222	3.0	549	3.4
Taoist	93	1.1	72	1.0	165	1.0
Others	82	0.9	46	0.6	129	0.8
Missing	6	0.1	6	0.1	12	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.3b: Type of religious identification: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
None	990 (78.1%)	1,855 (73.1%)	2,359 (69.8%)	2,790 (68.6%)	1,672 (66.6%)	778 (65.8%)	722 (66.0%)
Buddhist	42 (3.3%)	166 (6.5%)	285 (8.4%)	472 (11.6%)	457 (18.2%)	203 (17.1%)	196 (17.9%)
Christian	205 (16.2%)	415 (16.4%)	550 (16.3%)	607 (14.9%)	226 (9.0%)	88 (7.5%)	105 (9.6%)
Catholic	26 (2.1%)	62 (2.4%)	94 (2.8%)	155 (3.8%)	109 (4.3%)	65 (5.5%)	38 (3.5%)
Taoist	2 (0.1%)	31 (1.2%)	33 (1.0%)	30 (0.7%)	33 (1.3%)	13 (1.1%)	24 (2.2%)
Others	2 (0.2%)	7 (0.3%)	57 (1.7%)	12 (0.3%)	6 (0.3%)	36 (3.0%)	9 (0.8%)
Missing	0 (0.0%)	1 (0.1%)	2 (0.1%)	2 (0.1%)	6 (0.2%)	0 (0.0%)	0 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)

Table 4.4.3c: Type of religious identification at the time of interview: number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
None	2,604 (69.2%)	2,339 (75.7%)	3,535 (73.4%)	2,689 (61.6%)
Buddhist	747 (19.8%)	442 (14.3%)	426 (8.8%)	206 (4.7%)
Christian	227 (6.0%)	210 (6.8%)	566 (11.7%)	1,193 (27.3%)
Catholic	88 (2.3%)	57 (1.9%)	19 (4.1%)	205 (4.7%)
Taoist	71 (1.9%)	27 (0.9%)	37 (0.8%)	30 (0.7%)
Others	27 (0.7%)	13 (0.4%)	50 (1.0%)	39 (0.9%)
Missing	1 (0.0%)	4 (0.1%)	4 (0.1%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

To the question on whether participants were brought up in a religious family, 19.1% responded 'yes', with slightly more females (19.9%) than males (18.2%). More individuals aged 55 and above (about 25%) grew up in a religious family than those aged 54 and below.

Table 4.4.3d: Whether growing up in a religious family, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes	1,733	19.9	1,329	18.2	3,063	19.1
No	6,988	80.1	5,976	81.7	12,964	80.8
Missing	6	0.1	6	0.1	12	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.3e: Whether growing up in a religious family: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Yes	178 (14.0%)	428 (16.9%)	585 (17.3%)	707 (17.4%)	622 (24.8%)	270 (22.8%)	273 (24.9%)
No	1,089 (85.9%)	2,107 (83.1%)	2,793 (82.6%)	3,359 (82.6%)	1,881 (75.5%)	913 (77.2%)	821 (75.1%)
Missing	0 (0.0%)	1 (0.1%)	2 (0.1%)	2 (0.1%)	6 (0.2%)	0 (0.0%)	0 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)

Current participation in organised religious activities refers to involvement in mass worship at churches or temples. About 60% of all participants reported no such current participation, about a fifth participated at a low level, about 10% at a medium level and 5-10% at a high level. The percentage of those who reported some degree of current participation increased with age, with the lowest among those aged 20-29 (37.1%) to the highest (41.0%) among those aged 65 and above. In all age groups, more females than males reported some degree of participation, and that discrepancy was largest between females aged 65 and above (48.2%) and their male counterparts (33.1%).

Table 4.4.3f: Current participation in organised religious activities (i.e. worship at church etc) among various age groups, by sex

Age (Sex)	Low		Medium		High		Not applicable[+]	
	n	%	n	%	n	%	n	%
20-29: Total	541	21.6	243	9.7	145	5.8	1,574	62.8
Males	249	22.7	96	8.8	51	4.6	697	63.6
Females	292	20.7	147	10.4	94	6.6	877	62.1
30-39: Total	665	23.0	329	11.4	246	8.5	1,645	57.0
Males	282	23.6	110	9.2	96	8.0	706	59.1
Females	383	22.6	219	12.9	150	8.9	939	55.5
40-49: Total	845	21.2	452	11.3	373	9.3	2,307	57.8
Males	350	19.7	201	11.3	131	7.4	1,089	61.5
Females	495	22.3	251	11.3	242	10.9	1,219	55.0
50-64: Total	952	21.7	531	12.1	345	7.9	2,532	57.8
Males	418	19.4	204	9.5	131	6.1	1,389	64.4
Females	534	24.0	326	14.7	213	9.6	1,143	51.4
≥65: Total	484	21.3	253	11.1	197	8.6	1,333	58.6
Males	216	19.8	80	7.3	66	6.0	724	66.4
Females	268	22.6	173	14.6	131	11.0	609	51.3

[+] 'Not applicable' refers to those participants reporting no current involvement in organised religious activities.

Current participation in non-organised religious activities refers to involvement in private religious activities, such as prayer and meditation. Overall, about two thirds reported no current participation in such activities, 17-20% had a low level, about 10% a medium level and 5-9% a high level. There was no apparent difference in the distribution across age groups. As in the case of non-organised activities, more females than males reported some degree of current participation, and that discrepancy was largest between females aged 65 years and above (41.6%) and their male counterparts (27.6%).

Table 4.4.3g: Current participation in non-organised religious activities (e.g. prayer) among various age groups, by sex

Age (Sex)	Low		Medium		High		Not applicable[+]	
	n	%	n	%	n	%	n	%
20-29: Total	445	17.7	230	9.2	141	5.6	1,688	67.3
Males	210	19.2	101	9.2	40	3.7	742	67.6
Females	235	16.6	130	9.2	100	7.1	946	67.0
30-39: Total	538	18.6	355	12.3	229	7.9	1,763	61.1
Males	214	17.9	120	10.1	91	7.6	770	64.5
Females	324	19.2	235	13.9	139	8.2	992	58.7
40-49: Total	709	17.8	418	10.5	343	8.6	2,506	62.8
Males	301	16.9	176	9.9	112	6.3	1,183	66.6
Females	409	18.5	242	10.9	231	10.5	1,323	59.8
50-64: Total	802	18.3	490	11.2	290	6.6	2,778	63.4
Males	359	16.6	169	7.8	108	5.0	1,507	69.9
Females	443	19.9	321	14.4	183	8.2	1,271	57.1
≥65: Total	403	17.7	195	8.6	197	8.7	1,472	64.6
Males	175	16.0	59	5.4	68	6.2	784	72.0
Females	228	19.2	136	11.5	130	10.9	687	57.9

[+] 'Not applicable' refers to those participants reporting no current involvement in non-organised religious activities.

Participants were asked to rate their current religiosity as 'not applicable' (i.e. no religious belief at all), low, medium or high. Overall, about two thirds of the participants reported that they were not religious at all, 14-18% reported a low degree of religiosity, about 10% a medium degree and 6-10% a high degree. The percentage of those who reported some level of religiosity appeared to increase with age. In the same way as organised and non-organised activities, more females than males reported some degree of religiosity across all age groups.

Table 4.4.3h: Self-related religiosity among various age groups, by sex

Age (Sex)	Low		Medium		High		Not applicable[+]	
	n	%	n	%	n	%	n	%
20-29: Total	400	15.9	243	9.7	163	6.5	1,698	67.7
Males	188	17.2	110	10.0	53	4.8	742	67.6
Females	212	15.0	133	9.4	110	7.8	956	67.7
30-39: Total	511	17.7	349	12.1	261	9.0	1,764	61.1
Males	214	17.9	135	11.3	88	7.3	758	63.4
Females	297	17.5	214	12.7	173	10.2	1,006	59.5
40-49: Total	600	15.0	460	11.5	418	10.5	2,498	62.6
Males	252	14.2	188	10.6	152	8.6	1,179	66.4
Females	348	15.7	272	12.3	266	12.0	1,319	59.6
50-64: Total	729	16.6	550	12.6	340	7.8	2,741	62.6
Males	316	14.6	203	9.4	132	6.1	1,492	69.2
Females	413	18.6	348	15.6	208	9.4	1,248	56.1
≥65: Total	395	17.4	216	9.5	213	9.3	1,443	63.4
Males	171	15.7	66	6.1	64	5.8	784	72.0
Females	224	18.9	150	12.6	149	12.6	659	55.5

[+]Not applicable' refers to those reporting no religious belief.

When the participants were asked about how religious they were, over half said they were not religious at all and about a quarter said they were a little religious. 16.1% reported that they were moderately religious and 7.4% that they were very religious. More males (57.6%) than females (48.3%) were not religious at all, whereas more females (26.7%) than males (19.7%) reported they were moderately or very so (Table 4.4.3i). Across age groups, there was no apparent difference in the proportion of those who were not religious. The percentage of those who were moderately or very religious increased with age, from 17.5% among the youngest to 22.5% among the oldest (Table 4.4.3j). Participants of a tertiary and higher educational attainment level appeared to be the most religious, and the percentage of those either moderately or very religious was highest in this group (32.9%) (Table 4.4.3k).

Table 4.4.3i: 'How religious are you?', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Very	749	8.6	435	6.0	1,184	7.4
Moderately	1,578	18.1	1,004	13.7	2,582	16.1
A little	2,177	24.9	1,655	22.6	3,832	23.9
Not at all	4,217	48.3	4,211	57.6	8,429	52.6
Missing	6	0.1	6	0.1	12	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.3j: 'How religious are you?': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Very	58 (4.6%)	142 (5.6%)	247 (7.3%)	376 (9.2%)	171 (6.8%)	90 (7.6%)	101 (9.2%)
Moderately	163 (12.9%)	397 (15.6%)	543 (16.1%)	674 (16.6%)	466 (18.6%)	195 (16.5%)	145 (13.3%)
A little	335 (26.4%)	630 (24.8%)	817 (24.2%)	933 (22.9%)	597 (23.8%)	268 (22.7%)	251 (22.9%)
Not at all	711 (56.1%)	1,367 (53.9%)	1,771 (52.4%)	2,084 (51.2%)	1,270 (50.6%)	630 (53.3%)	597 (54.5%)
Missing	0 (0.2%)	1 (0.1%)	2 (0.1%)	2 (0.1%)	6 (0.2%)	0 (0.0%)	0 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)

Table 4.4.3k: 'How religious are you?': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Very	218 (5.8%)	140 (4.5%)	320 (6.6%)	506 (11.6%)
Moderately	536 (14.2%)	396 (12.8%)	722 (15.0%)	929 (21.3%)
A little	898 (23.9%)	732 (23.7%)	1,126 (23.4%)	1,076 (24.6%)
Not at all	2,112 (56.1%)	1,820 (58.9%)	2,644 (54.9%)	1,853 (42.4%)
Missing	1 (0.0%)	4 (0.1%)	4 (0.1%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

When participants were also asked how spiritual they were, 47.2% replied they were not spiritual at all, 22.2% that they were a little spiritual, 20.4% that they were moderately spiritual and 10.1% that they were very spiritual. More males (51.8%) than females (43.4%) were not spiritual at all, while more females (33.0%) than males (27.5%) reported being moderately or very spiritual (Table 4.4.3l). There was no apparent difference in the distribution across age groups (Table 4.4.3m). Similar to the distribution of self-rated religiosity, participants with a tertiary and higher educational attainment level appeared to be the most spiritual, and the percentage of those either moderately or very spiritual was highest among this group (42.2%) (Table 4.4.3n).

Table 4.4.3l: 'How spiritual are you?', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Very	953	10.9	675	9.2	1,627	10.1
Moderately	1,929	22.1	1,336	18.3	3,264	20.4
A little	2,052	23.5	1,510	20.7	3,563	22.2
Not at all	3,788	43.4	3,785	51.8	7,572	47.2
Missing	6	0.1	6	0.1	12	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.3m: 'How spiritual are you?': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Very	89 (7.1%)	196 (7.7%)	374 (11.1%)	492 (12.1%)	242 (9.7%)	118 (10.0%)	116 (10.6%)
Moderately	263 (20.8%)	554 (21.8%)	713 (21.1%)	836 (20.6%)	518 (20.6%)	213 (18.0%)	167 (15.2%)
A little	301 (23.8%)	613 (24.2%)	720 (21.3%)	843 (20.7%)	572 (22.8%)	278 (23.5%)	236 (21.5%)
Not at all	613 (48.4%)	1,172 (46.2%)	1,571 (46.5%)	1,895 (46.6%)	1,172 (46.7%)	573 (48.5%)	575 (52.6%)
Missing	0 (0.0%)	1 (0.1%)	2 (0.1%)	2 (0.1%)	6 (0.2%)	0 (0.0%)	0 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)

Table 4.4.3n: 'How spiritual are you?': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Very	329 (8.7%)	215 (7.0%)	445 (9.2%)	638 (14.6%)
Moderately	612 (16.2%)	504 (16.3%)	943 (19.6%)	1,206 (27.6%)
A little	859 (22.8%)	722 (23.4%)	1,027 (21.3%)	954 (21.9%)
Not at all	1,964 (52.2%)	1,646 (53.2%)	2,397 (49.8%)	1,565 (35.8%)
Missing	1 (0.0%)	4 (0.1%)	4 (0.1%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

When participants were asked whether they took comfort and strength from their religious belief, 58.0% replied that they did not, but 28.8% said they found a little comfort in their religious belief and 13.1% that they found much. More females (47.6%) than males (35.1%) reported that they found comfort and strength in their religious belief (Table 4.4.3o). There was no apparent difference in the distribution across age groups (Table 4.4.3p). Over 50% of participants with a tertiary and higher educational attainment level reported that they took comfort and strength from their religious belief, compared with less than 40% of those with a lower level (Table 4.4.3q).

Table 4.4.3o: 'Can you find comfort and strength in religion?', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
No	4,563	52.3	4,742	64.9	9,305	58.0
Yes						
A little	2,797	32.0	1,826	25.0	4,623	28.8
To a large extent	1,361	15.6	737	10.1	2,098	13.1
Missing	6	0.1	6	0.1	12	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.3p: 'Can you find comfort and strength in religion?': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
No	765 (60.3%)	1,496 (59.0%)	1,872 (55.4%)	2,329 (57.3%)	1,480 (59.0%)	707 (59.8%)	656 (60.0%)
Yes							
A little	389 (30.7%)	708 (27.9%)	1,017 (30.1%)	1,109 (27.3%)	729 (29.1%)	359 (30.4%)	313 (28.6%)
To a large extent	113 (8.9%)	331 (13.1%)	489 (14.5%)	628 (15.4%)	294 (11.7%)	117 (9.9%)	125 (11.4%)
Missing	0 (0.0%)	1 (0.1%)	2 (0.1%)	2 (0.1%)	6 (0.2%)	0 0.0%)	0 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)

Table 4.4.3q: 'Can you find comfort and strength in religion?': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
No	2,380 (63.2%)	2,030 (65.7%)	2,847 (59.1%)	2,048 (46.9%)
Yes				
A little	1,053 (28.0%)	830 (26.8%)	1,417 (29.4%)	1,324 (30.3%)
To a large extent	331 (8.8%)	228 (7.4%)	548 (11.4%)	991 (22.7%)
Missing	1 (0.0%)	4 (0.1%)	4 (0.1%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

When participants were asked about how their religious belief was involved when dealing with stress, 59.9% replied that it was not involved at all and 8.3% that it was not quite involved. 20.9% reported a little involvement and 10.8% said their belief was quite involved when dealing with stress. More females (36.6%) than males (26.0%) reported that their religious belief was either a little or quite involved (Table 4.4.3r). There was also no apparent difference in the distribution across age groups (Table 4.4.3s). More participants with a tertiary and higher educational attainment level (42.5%) reported that their religious belief was a little or quite involved when dealing with stress than those with a lower level (Table 4.4.3t).

Table 4.4.3r: 'How is your religious belief involved when dealing with stress?', by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Yes						
Quite involved	1,139	13.1	599	8.2	1,739	10.8
Involved a little	2,055	23.5	1,298	17.8	3,353	20.9
Not quite involved	766	8.8	559	7.6	1,325	8.3
Not at all	4,761	54.6	4,849	66.3	9,611	59.9
Missing	6	0.1	6	0.1	12	0.1
Total	8,727	100	7,312	100	16,039	100

Table 4.4.3s: 'How is your religious belief involved when dealing with stress?': number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Yes							
Quite involved	83 (6.5%)	293 (11.5%)	420 (12.4%)	512 (12.6%)	239 (9.5%)	93 (7.9%)	99 (9.0%)
Involved a little	266 (21.0%)	544 (21.4%)	778 (23.0%)	778 (19.1%)	528 (21.1%)	232 (19.6%)	225 (20.6%)
Not quite involved	150 (1.8%)	177 (7.0%)	258 (7.6%)	299 (7.3%)	201 (8.0%)	142 (12.0%)	98 (9.0%)
Not at all	768 (60.6%)	1,521 (60.0%)	1,922 (56.9%)	2,477 (60.9%)	1,535 (61.2%)	716 (60.5%)	672 (61.4%)
Missing	0 (0.0%)	1 (0.1%)	2 (0.1%)	2 (0.1%)	6 (0.2%)	0 (0.0%)	0 (0.0%)
Total	1,268 (100%)	2,537 (100%)	3,380 (100%)	4,068 (100%)	2,510 (100%)	1,183 (100%)	1,094 (100%)

Table 4.4.3t: 'How is your religious belief involved when dealing with stress?': number of persons (%) by educational attainment

	Primary and below	Lower secondary (F.1-F.3)	Upper secondary (F.4-F.7)	Tertiary and above
Yes				
Quite involved	239 (6.4%)	179 (5.8%)	496 (10.3%)	824 (18.9%)
Involved a little	741 (19.7%)	592 (19.1%)	989 (20.5%)	1,030 (23.6%)
Not quite involved	344 (9.1%)	222 (7.2%)	376 (7.8%)	382 (8.8%)
Not at all	2,439 (64.8%)	2,095 (67.8%)	2,950 (61.3%)	2,126 (48.7%)
Missing	1 (0.0%)	4 (0.1%)	4 (0.1%)	3 (0.1%)
Total	3,765 (100%)	3,092 (100%)	4,816 (100%)	4,366 (100%)

4.4.4 Discrimination

In the FAMILY Cohort, people who had lived in Hong Kong for 10 years or less were asked whether they had been discriminated against and treated unpleasantly because of their new immigrant status. Out of 1,077 respondents, the majority (95.9%) said they had never been hit or violently treated since living in Hong Kong, but 3.6% reported that they had been so mistreated at least once, with slightly more females (3.6%) than males (3.3%) (Table 4.4.4a). Participants aged 25-34 appeared to report a higher percentage of being hit than others (Table 4.4.3b).

Table 4.4.4a: Ever been hit or violently treated because of discrimination since living in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	884	95.8	149	96.7	1,033	95.9
Once	22	2.4	0	0.3	22	2.1
A few times	6	0.7	1	1.0	8	0.7
Many times	4	0.4	0	0.0	4	0.4
Often	1	0.1	3	2.0	4	0.4
Missing	6	0.6	0	0.0	6	0.5
Total	922	100	154	100	1,077	100

Base: Participants living in Hong Kong for 10 years or less.

Table 4.4.4b: Ever been hit or violently treated because of discrimination since living in Hong Kong: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Never	104 (97.0%)	319 (94.6%)	413 (96.4%)	144 (95.7%)	26 (98.2%)	17 (100%)	9 (100%)
Once	0 (0.0%)	12 (3.6%)	5 (1.1%)	5 (3.2%)	0 (1.8%)	0 (0.0%)	0 (0.0%)
A few times	1 (1.4%)	1 (0.4%)	5 (1.2%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Many times	0 (0.0%)	0 (0.0%)	4 (0.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Often	0 (0.0%)	4 (1.0%)	0 (0.0%)	1 (0.5%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	2 (1.7%)	1 (0.3%)	2 (0.5%)	1 (0.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	108 (100%)	337 (100%)	429 (100%)	151 (100%)	27 (100%)	17 (100%)	9 (100%)

Base: Participants living in Hong Kong for 10 years or less.

91.1% of the 1,077 new immigrant participants said that they have never been insulted since living in Hong Kong, but 8.4% reported that they had been insulted at least once, with more males (10.8%) than females (7.9%) (Table 4.4.4c). More participants aged 20-24 (10.8%) reported that they had been insulted at least once than other age groups (Table 4.4.4d).

Table 4.4.4c: Ever been insulted because of discrimination since living in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	843	91.4	138	89.1	981	91.1
Once	41	4.4	4	2.8	45	4.2
A few times	20	2.2	6	4.0	27	2.5
Many times	8	0.8	3	2.0	11	1.0
Often	4	0.5	3	2.0	8	0.7
Missing	6	0.6	0	0.0	6	0.5
Total	922	100	154	100	1,077	100

Base: Participants living in Hong Kong for 10 years or less.

Table 4.4.4d: Ever been insulted because of discrimination since living in Hong Kong: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Never	94 (87.6%)	302 (89.5%)	397 (92.5%)	138 (91.3%)	25 (92.9%)	17 (100%)	9 (100%)
Once	5 (5.0%)	22 (6.4%)	11 (2.7%)	6 (4.1%)	1 (2.2%)	0 (0.0%)	0 (0.0%)
A few times	4 (4.2%)	6 (1.9%)	12 (2.9%)	2 (1.6%)	1 (2.8%)	0 (0.0%)	0 (0.0%)
Many times	1 (1.0%)	2 (0.5%)	5 (1.1%)	3 (1.9%)	1 (2.2%)	0 (0.0%)	0 (0.0%)
Often	1 (0.6%)	4 (1.3%)	2 (0.4%)	1 (0.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	2 (1.7%)	1 (0.3%)	2 (0.5%)	1 (0.6%)	0 0.0%)	0 (0.0%)	0 (0.0%)
Total	108 (100%)	337 (100%)	429 (100%)	151 (100%)	27 (100%)	17 (100%)	9 (100%)

Base: Participants living in Hong Kong for 10 years or less.

82.7% of the 1,077 new immigrant participants said they had never been treated rudely since living in Hong Kong, but 16.6% reported that they had been treated rudely at least once, with more males (20.9%) than females (16.0%) (Table 4.4.4e). Participants aged 20-44 were more likely to report having been rudely treated than those aged 45 and above (Table 4.4.4f).

Table 4.4.4e: Ever been treated rudely because of discrimination since living in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	769	83.3	122	79.1	891	82.7
Once	49	5.3	5	3.5	54	5.0
A few times	82	8.9	23	15.2	106	9.8
Many times	11	1.2	0	0.0	11	1.0
Often	6	0.6	3	2.2	9	0.8
Missing	6	0.6	0	0.0	6	0.5
Total	922	100	154	100	1,077	100

Base: Participants living in Hong Kong for 10 years or less.

Table 4.4.4f: Ever been treated rudely because of discrimination since living in Hong Kong: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Never	82 (76.2%)	278 (82.4%)	355 (82.9%)	128 (84.9%)	22 (83.0%)	17 (100%)	9 (98.3%)
Once	7 (6.5%)	15 (4.5%)	24 (5.5%)	6 (4.2%)	2 (7.7%)	0 (0.0%)	0 (1.7%)
A few times	16 (14.7%)	38 (11.2%)	42 (9.8%)	8 (5.4%)	2 (7.1%)	0 (0.0%)	0 (0.0%)
Many times	0 (0.0%)	2 (0.6%)	3 (0.7%)	6 (3.7%)	1 (2.2%)	0 (0.0%)	0 (0.0%)
Often	1 (0.9%)	4 (1.0%)	3 (0.7%)	2 (1.1%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	2 (1.7%)	1 (0.3%)	2 (0.5%)	1 (0.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	108 (100%)	337 (100%)	429 (100%)	151 (100%)	27 (100%)	17 (100%)	9 (100%)

Base: Participants living in Hong Kong for 10 years or less.

85.1% of the 1,077 new immigrant participants said they have never been unfairly treated since living in Hong Kong but 14.4% reported that they had been unfairly treated at least once, with more males (20.9%) than females (13.4%) (Table 4.4.4g). The percentage of those unfairly treated was highest among those aged 20-24 (22.5%) and 25-34 (16.8%) (Table 4.4.4h).

Table 4.4.4g: Ever been unfairly treated because of discrimination since living in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	794	86.1	122	79.0	916	85.1
Once	33	3.6	6	4.0	39	3.6
A few times	66	7.2	23	14.7	89	8.3
Many times	13	1.4	0	0.0	13	1.2
Often	11	1.2	3	2.2	14	1.3
Missing	6	0.6	0	0.0	6	0.5
Total	922	100	154	100	1,077	100

Base: Participants living in Hong Kong for 10 years or less.

Table 4.4.4h: Ever been unfairly treated because of discrimination since living in Hong Kong: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Never	81 (75.8%)	279 (82.8%)	376 (87.7%)	130 (86.1%)	24 (89.4%)	17 (100%)	8 (96.7%)
Once	5 (4.9%)	15 (4.5%)	15 (3.4%)	4 (2.4%)	0 (0.8%)	0 (0.0%)	0 (1.7%)
A few times	18 (16.7%)	31 (9.2%)	27 (6.3%)	11 (7.3%)	2 (6.0%)	0 (0.0%)	0 (1.7%)
Many times	0 (0.0%)	5 (1.5%)	5 (1.2%)	2 (1.2%)	1 (2.2%)	0 (0.0%)	0 (0.0%)
Often	1 (0.9%)	6 (1.6%)	4 (0.9%)	4 (2.4%)	0 (1.7%)	0 (0.0%)	0 (0.0%)
Missing	2 (1.7%)	1 (0.3%)	2 (0.5%)	1 (0.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	108 (100%)	337 (100%)	429 (100%)	151 (100%)	27 (100%)	17(100%)	9 (100%)

Base: Participants living in Hong Kong for 10 years or less.

The majority (95.8%) of the 1,077 new immigrant participants said they had never been threatened since living in Hong Kong, but 3.7% reported that they had been threatened at least once, with more males (6.4%) than females (3.2%) (Table 4.4.4i). More participants aged 20-24 (6.7%) and 25-34 (4.9%) said they had been threatened at least once than other groups (Table 4.4.4j).

Table 4.4.4i: Ever been threatened because of discrimination since living in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	887	96.1	144	93.6	1,031	95.8
Once	13	1.4	4	2.3	17	1.6
A few times	15	1.6	3	2.1	18	1.7
Many times	2	0.2	0	0.0	2	0.1
Often	0	0.0	3	2.0	4	0.3
Missing	6	0.6	0	0.0	6	0.5
Total	922	100	154	100	1,077	100

Base: Participants living in Hong Kong for 10 years or less.

Table 4.4.4j: Ever been threatened because of discrimination since living in Hong Kong: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Never	98 (91.6%)	320 (94.7%)	415 (96.8%)	146 (97.0%)	26 (97.8%)	17 (100%)	9 (100%)
Once	5 (4.6%)	1 (0.2%)	9 (2.0%)	2 (1.6%)	0 (0.5%)	0 (0.0%)	0 (0.0%)
A few times	2 (2.1%)	13 (3.7%)	3 (0.6%)	0 (0.0%)	0 (1.7%)	0 (0.0%)	0 (0.0%)
Many times	0 (0.0%)	0 (0.0%)	0 (0.1%)	1 (0.8%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Often	0 (0.0%)	4 (1.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	2 (1.7%)	1 (0.3%)	2 (0.5%)	1 (0.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	108 (100%)	337 (100%)	429 (100%)	151 (100%)	27 (100%)	17 (100%)	9 (100%)

Base: Participants living in Hong Kong for 10 years or less

Most (93.7%) of the 1,077 new immigrant participants reported that services had not been declined or delayed since they came to live in Hong Kong, but 5.7% reported that they had had services declined or delayed at least once, with more males (9.5%) than females (5.2%) (Table 4.4.4k). Participants aged 20-24 had the highest percentage of having service denied to them (11.4%), a percentage that decreased with age (Table 4.4.4l).

Table 4.4.4k: Ever had services declined or delayed because of discrimination since living in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	869	94.2	140	90.5	1,009	93.7
Once	28	3.1	1	0.9	30	2.8
A few times	16	1.7	10	6.6	26	2.4
Many times	3	0.3	0	0.0	3	0.2
Often	1	0.1	3	2.0	4	0.3
Missing	6	0.6	0	0.0	6	0.5
Total	922	100	154	100	1,077	100

Base: Participants living in Hong Kong for 10 years or less.

Table 4.4.4l: Ever had services declined or delayed because of discrimination since living in Hong Kong: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Never	94 (87.0%)	312 (92.5%)	407 (94.9%)	145 (96.0%)	26 (98.3%)	17 (97.6%)	9 (100%)
Once	0 (0.4%)	13 (3.9%)	14 (3.3%)	2 (1.0%)	0 (1.7%)	0 (2.4%)	0 (0.0%)
A few times	11 (10.4%)	7 (2.1%)	5 (1.1%)	3 (1.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Many times	0 (0.0%)	1 (0.4%)	1 (0.2%)	1 (0.4%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Often	1 (0.6%)	3 (0.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	2 (1.7%)	1 (0.3%)	2 (0.5%)	1 (0.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	108 (100%)	337 (100%)	429 (100%)	151 (100%)	27 (100%)	17 (100%)	9 (100%)

Base: Participants living in Hong Kong for 10 years or less.

89.7% of the 1,077 new immigrant participants reported that they had never been neglected or rejected since living in Hong Kong, but 9.9% reported that they had been neglected or rejected at least once, with more males (11.1%) than females (9.6%) (Table 4.4.4m).

Table 4.4.4m: Ever been neglected or rejected because of discrimination since living in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	828	89.8	137	88.9	965	89.7
Once	26	2.8	3	1.8	29	2.7
A few times	49	5.3	11	7.3	60	5.6
Many times	9	0.9	0	0.0	9	0.8
Often	5	0.6	3	2.0	8	0.8
Missing	6	0.6	0	0.0	6	0.5
Total	922	100	154	100	1,077	100

Base: Participants living in Hong Kong for 10 years or less.

Table 4.4.4n: Ever been neglected or rejected because of discrimination since living in Hong Kong: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Never	96 (88.8%)	292 (86.4%)	394 (91.8%)	135 (89.6%)	24 (91.0%)	17 (100%)	9 (98.3%)
Once	3 (2.7%)	12 (3.6%)	11 (2.7%)	1 (0.7%)	1 (4.6%)	0 (0.0%)	0 (1.7%)
A few times	6 (5.9%)	26 (7.7%)	17 (3.9%)	10 (6.7%)	1 (2.2%)	0 (0.0%)	0 (0.0%)
Many times	1 (0.9%)	2 (0.7%)	4 (0.8%)	1 (0.8%)	1 (2.2%)	0 (0.0%)	0 (0.0%)
Often	0 (0.0%)	4 (1.3%)	1 (0.3%)	2 (1.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	2 (1.7%)	1 (0.3%)	2 (0.5%)	1 (0.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	108 (100%)	337 (100%)	429 (100%)	151 (100%)	27 (100%)	17 (100%)	9 (100%)

Base: Participants living in Hong Kong for 10 years or less.

Most (94.1%) of the 1,077 new immigrant participants said their family members had not been discriminated against since living in Hong Kong, but 5.4% reported that their family members had been discriminated against at least once with slightly more females (5.4%) than males (4.7%) (Table 4.4.4o). Participants aged 25-54 appeared to report a higher percentage of being discriminated against (Table 4.4.4p).

Table 4.4.4o: Ever had family members being discriminated against since living in Hong Kong, by sex

	Females		Males		Total	
	No. of persons	%	No. of persons	%	No. of persons	%
Never	867	93.9	147	95.2	1,014	94.1
Once	24	2.6	0	0.0	24	2.3
A few times	16	1.7	4	2.7	20	1.9
Many times	7	0.7	0	0.0	7	0.6
Often	3	0.4	3	2.0	6	0.6
Missing	6	0.6	0	0.0	6	0.5
Total	922	100	154	100	1,077	100

Base: Participants living in Hong Kong for 10 years or less.

Table 4.4.4p: Ever had family members being discriminated against since living in Hong Kong: number of persons (%) by age group (in years)

	20-24	25-34	35-44	45-54	55-64	65-74	≥75
Never	102 (94.4%)	315 (93.4%)	404 (94.2%)	142 (94.0%)	26 (97.2%)	17 (99.1%)	9 (100%)
Once	1 (1.0%)	10 (3.0%)	10 (2.3%)	3 (1.9%)	1 (2.3%)	0 (0.0%)	0 (0.0%)
A few times	2 (2.2%)	7 (2.2%)	7 (1.7%)	3 (1.8%)	0 (0.5%)	0 (0.9%)	0 (0.0%)
Many times	1 (0.7%)	0 (0.1%)	4 (1.0%)	1 (0.7%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Often	0 (0.0%)	4 (1.0%)	2 (0.4%)	1 (1.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Missing	2 (1.7%)	1 (0.3%)	2 (0.5%)	1 (0.6%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Total	108 (100%)	337 (100%)	429 (100%)	151 (100%)	27 (100%)	17 (100%)	9 (100%)

Base: Participants living in Hong Kong for 10 years or less.

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Chapter 5 Open-access platform

Data sharing is where data is disseminated to other researchers and the general public to share that data and the related findings. HKU has signed the Berlin Declaration on open access, which seeks to make research publications and data publicly available after a suitable period, subject to safeguards concerned with the confidentiality of personal data. The Organisation for Economic Co-operation and Development (OECD) Principles and Guidelines for Access to Research Data from Public Funding state that open access to research data should be easy, timely, user-friendly and preferably Internet-based.

Following HKU's open access policy, and in keeping with the Hong Kong Jockey Club Charities Trust's mission to benefit the broader society as much as possible, access to the research data of the FAMILY Cohort will be made widely available, subject to appropriate and robust privacy and confidentiality safeguards.

- The data will be kept in a repository to ensure that both the research community and the general public have sustained access to it.
- The database will also contain various other information deemed relevant and complementary to the primary data.

Chapter 6 Recommendations

Recommendations (Health)

In order to improve personal and family health, we should improve our daily living habits. People who smoke or consume alcohol excessively must consider cessation as soon as possible. Additionally, we should work together with our families as a whole to eat more fruits and vegetables, exercise more, and routinely schedule physical check-ups.

The health detriments of smoking

According to numerous studies from the School of Public Health at the University of Hong Kong and other international institutes, 1 out of 2 smokers will die prematurely from smoking-related causes. In Hong Kong, 6,000 and 1,000 people die from first-hand and second-hand smoking each year, respectively. In addition to improving health, quitting also saves money. For someone who smokes one pack of cigarettes per day, quitting can save them approximately HKD $18,000 a year (at HKD $50 per pack).

Both first-hand and second-hand smoke have been classified as “Group 1 carcinogens”, in which they have been confirmed to be substances that are capable of causing cancer in humans. Continued exposure to second-hand smoke increases the risk of developing lung cancer, stroke, respiratory disease, and heart disease. Second-hand smoke is especially harmful to children. Thus, smokers are strongly encouraged to quit as soon as possible in order to establish a smoke-free environment at home. The Department of Health has predicted a persistent decline in the number of current smokers in Hong Kong[1]; the FAMILY Cohort also showed that only 11.5% of Hong Kong citizens are current smokers. These findings indicated that efforts to promote smoking cessation must continue to maintain Hong Kong’s relatively low smoking prevalence.

Unhealthy drinking habits

The World Health Organization (WHO) estimates that approximately 25,000 people die prematurely from alcohol-related causes every year[2]. Drinking can result in alcohol dependency, lead to numerous health problems, and may also damage the central nervous system, intestines, liver, and cardiovascular system. It also increases the chances of esophagus and stomach inflammation, as well as stomach ulcers. Moreover, excessive drinking greatly increases the risk of pancreatitis, hepatitis, cirrhosis, and heart disease. Prolonged excessive drinking is also one of the causes of obesity. Alcoholic drinks, as well as tobacco products, are regarded as “Group 1 carcinogens”. Alcohol may lead to many types of cancer, including oral, larynx, esophageal, colorectal, liver, and breast cancers, and there is no standard level of alcohol consumption that is considered as safe.

Healthy eating habits

According to the Department of Health’s recommendations, adults must consume at least 5 servings of fruits and vegetables per day (please see remarks for details). Eating sufficient amount of fruits and vegetables can substantially reduce the risk of chronic diseases such as stroke, diabetes, cardiovascular diseases,

hypertension, and various types of cancer. Nevertheless, there is a daily intake limit for every type of nutrient and overconsumption may have adverse effects. Consuming lots of vegetables, in particular leafy vegetables, is beneficial to health. On the other hand, fruits are relatively high in sugars. We should therefore avoid eating foods with high sugar or calorie content before and after consumption of fruits.

Adequate exercise and physical activity

In terms of exercise and physical activity, at least 2.5 hours of moderate physical activity on a weekly basis is ideal. This is equivalent to 30-minute sessions of moderate physical activity 5 days per week, such as cycling, bowling, table tennis, and light jogging (120 steps per minute).

Hong Kong's fast-paced and hectic lifestyle often leaves little time for exercise. It is recommended that time should be set aside for walking (optimally 10 or more minutes of continuous walking), such as alighting one station early on public transport to walk home or taking a stroll with family members after dinner. These activities help to improve health and also facilitate communication with family members. We recommend accumulating at least 3,000 steps per day, which is equivalent to walking for approximately 30 minutes (at 100 steps per minute)[3]. Walking for 30 minutes can burn 300-400 calories. According to the WHO[4], assuming that there is no dietary change, maintaining this daily walking schedule can allow for a weight loss of 10-13 pounds within 6 months.

Regular physical check-ups

Based on the idiom "prevention is better than cure", we recommend that everyone should receive regular physical check-ups as appropriate, such as blood tests to check levels of blood sugar, blood lipids, and cholesterol. This will allow everyone to clearly understand their current health status, which is very important for early identification of chronic diseases, such as diabetes and heart disease, even when the symptoms have not appeared. Early detection, when combined with appropriate treatment, could be effective in managing these diseases and reducing their adverse impact on quality of life. The World Health Organization[5] and the American Heart Association[6] suggest that adults aged 40 and above should receive blood sugar and blood lipid tests at least once every 1-3 years, which has shown to be effective in reducing the risk of diabetes and heart disease. Therefore, even when one believes that their current health condition is fine, they should still receive regular physical check-ups when appropriate.

Family Health

Apart from personal health, the health of family members is also extremely important. As a result, everyone should promote healthy lifestyles in their families. For instance, preparing multiple servings of vegetables when cooking at home, and spending more time walking or exercising with family members. If a family member smokes or drinks alcohol excessively, the entire family should support and encourage them to end these harmful habits. Every family should have a weighing scale, making it convenient to monitor every family member's BMI. Additionally, family members, particularly those above the age of 40, should be encouraged to receive regular physical check-ups and monitor their blood pressure.

Recommendations (Happiness)

The FAMILY Cohort has discovered that Hong Kong citizens reported higher self-rated happiness levels as their household monthly income increases, and that elderly citizens are more likely to report depressive symptoms. In light of these findings, we recommend that government and non-government organisations (NGOs) should provide assistance to low-income individuals and families, as well as the elderly, with the purpose of increasing their happiness levels. For instance, stakeholders may boost happiness through improving their standards of living, providing physical, emotional, and social support, encouraging them to communicate more with family and friends and to seek help early in times of difficulty. In the FC sample, 14.1% of participants had taken part in voluntary service in the past one year. The proportions were the highest in parts of Ma Tau Wai, and To Kwa Wan.

Recommendations (Harmony)

Research from the FAMILY Cohort indicates that Hong Kong citizens reported higher self-rated family support as monthly income level increases. The elderly were generally less satisfied with their families' support. Longer working hours were significantly associated with lower levels of subjective happiness. To improve family harmony in the Hong Kong population, government and NGOs should organise events or activities that focus on specific themes, such as promoting family activity time, encouraging communication between family members, and learning to apply praise and encouragement in the family.

Regarding Hong Kong society's social capital, there is room for improvement in neighbourhood cohesion and volunteerism. Namely, only half of respondents agreed with the statement "People around here are willing to help their neighbours" and only 14% of respondents participated in volunteer work in the past year. Research from Harvard University has discovered that higher neighbourhood cohesion is positively correlated with better health[7]. Consequently, government and NGOs should focus on improving Hong Kong people's sense of belonging to their community and Hong Kong society. The FAMILY Cohort has discovered that among new immigrants whom have lived in Hong Kong for less than 10 years, more than half of these immigrants have encountered some form of discrimination. Research has found that reducing discrimination increases social capital and improves the health of citizens[8]. In addition to strengthening support for new immigrants, government and NGOs can also help them to adjust to Hong Kong's living environment and foster a sense of belonging to their new home.

Recommendations (Events for improving family health and happiness)

To effectively improve the health, happiness and harmony of families in Hong Kong, we suggest taking references to the well-received programmes previously conducted by FAMILY Project's Intervention and Health Communication teams, including "FAMILY: Boosting Positive Energy Programme", "3Hs Family Drama Project", "FAMILY: More Appreciation and Less Criticism Project", "Learning Family Project", "Happy Family Kitchen Project", and "Enhancing Family Well-being Project". These programmes have had good reception and have been successful at achieving goals on improving family health and happiness. As a result, we recommend extending and promoting these programmes to other regions and populations, such as minorities, new immigrants, single parent households, families without Hong Kong citizenship, and low-income households. We also recommend that government and NGOs to conduct health education and check-up programmes to promote family health awareness and practices. These activities should be first introduced in regions where lower-income individuals and families are living to benefit those in great need. In addition, these programmes should also be extended to the whole Hong Kong community.

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Remarks:

Please note: 5 servings a day is the minimum requirement. Some countries (such as Canada) recommend that adults should consume 7-8 servings of fruits and vegetables[9]. One serving of fruit is equivalent to:

• Two small fruits (plum/kiwi)

• One medium sized fruit (orange/apple/medium sized banana)

• Half of a large fruit (dragonfruit/grapefruit/large banana)

• Half cup of fruit (diced watermelon/grapes)

• 3/4 cup of unsweetened fresh fruit juice

One serving of vegetables is equal to 1 bowl of uncooked lettuce, or half a bowl of cooked vegetables, Brussels sprouts, melons, or mushrooms. Meeting the five servings of fruits and vegetables minimum can be done with different combinations based on personal preference. The recommendation for 2 servings of fruit and 3 servings of vegetables is not absolute, and can be adjusted individually (for example 3 + 2, because consuming fruits may be easier than vegetables).

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